RECOVERY KERNEL

Dancefloor Intelligence Series.

MOVE

Ibirori by'umuzinga n'amakuru y'ibikorwa by'urwenzi.

Siga telefoni. Uzi neza aho uri.

Ntabigenderwa gukurikiza amasomo y'umuraperera.

Ntabwo hariho ibiranga by'ubusoko. Ntabyo biza nk'inyoni zikurika mu mwindo. Ntabikorwa zo gushyira umwiharuro ku mutwe, nk'ibyo byari byakozwe kuri MTV.

Umukorani. Ikarita y'imikorere (BPM). Imyitozo yakomotse mu ndirimbo za tango na cha-cha. N'urundi ruti runyura byose.

Kuki iri gitabo ririho.

THE CENTURION — Imirire itanga ntikugira umuntu umuhangayikiye kuba umukinnyi mwiza. Ituma umuntu atagira icyo abwirwa ko adakinnye neza.

Ibintu bibiri byatuma abantu batakoresha ibiyobyobye batahagararara ku ruganda ryo gukorera umuziki ni:

* Ubunyamahaga.
* I cyizere gikomeye ko buri wundi azi uko yakora, ariko we atazi.

Zombi zombi zishoborwa. Telefoni ishoborwa n'ubumenyi bwo kuvuga uko ukoresha amaguru yawe. Icyaha cyo gushyirwa mu rwanda gishoborwa no kumenya ko abantu benshi bari ku rugamba bacitse biteguye gukora ibintu bitatu, kandi bavuga ko byari "kwangiza." Ibintu bitatu, bikorerwe neza kandi bigendereye umuziki, ni byinshi cyane.

Imiti ntivuba ikibazo cyo kuba udafite uburyo bwo gukora ibintu. Ivuba rivuba umuntu utagira gahunda yo kwigira uko akorera ibintu. Ibi ni ukuri ku by'imiti, kandi bisobanura icyitwa "social disinhibition" y'umuti MDMA n'uburyo imvudugudu ituma umuntu atagira ubwoba. Uburyo umuntu yumva mu masaha ya mbere biba nk'uko ari mu kiganiro, bishobora guhinduka igihe umuntu agiye kugira ibyiyumvo by'ukuri. Inama y'urwego rwa "Recovery Kernel": ni ukugira uburyo bw'impamo ku mubiri kugira ngo ubwoba butagire icyo bugeraho.

Ibyo kurwara no kuba umuntu adafite icyo akora ni ikibazo gikomeye. Hari igihe ushobora kumenya neza uko biba – urangije ibirori, ukaba ukeneye gukira, usubire ku ruganda rwa muzika, usabire ko abantu bazaza, ushaka ko umwuka w'urugendo ujye hejuru, ushaka ko umuntu uri mu cyumba yagutekereze – kandi muri iyo myanya, telefoni cyangwa ibindi bitumvikana biba byo. Kuramba ni igisubizo kindi. Kugirana n’umuziki no gukora imyitozo ngororamubiri bigereraho ni icyifuzo gikomeye kurusha kugira telefoni. Iyi gahunda itanga umugambi ku byo ushobora gukora.

SECTION 0

MBANZA UKO WAKORA IBIGENGE: MENYE IBIHEREREZO.

Ibijyanye no kugenda mu kirere · Oksijene n'ikimenyageze (CO_2) · Uruhwiyo · Ibirindiro byo kuruhuka · Gutemberera.

Sinzai mu gikondo, ushobore kugenda muri cyo.

Minuta munani y'amasomo mu kanya gato ko wabaherereye ishobora kugabanyiriza igihe cy'ibyumvikana byinshi nyuma. Amenya aho umwuka uri. Amenya aho amazi ari. Amenya aho ugomba kujyaho ubwo umubiri wawe yagushakaga icyo muzika ntikugira.

Ibyiciro byo kwakira: Hamwe na hamwe, usuzumire umurima.

IGIHUGU - Umupilote buri muturage areba indege mbere yo kujya mu kiruhuko. Umunyapori buri muturage areba amakarita. Injira muri buri agace cy'ahantu hose.

Igi ruzindi rwiza gukora igihe ugeze ahandi hose, nk'ahantu haterwa inkoni, ahantu hatangirwamo ibitarazina, cyangwa aho habera ibikorwa bitanduye, ni ukutagenda ku biruho, kutagira wenda ujya kwihanaguza, kandi kutatembera ugasuzuma abantu. Ahubwo, ni ukujya gukora urugendo ruto hagati ya ahapfuije aho habera ibikorwa. Ibi bisaba umunota munani gusa. Biguha amakuru azaba adatanga cyangwa akensherezwaho igihe ahantu hatangiye kwicirwamo, igihe imiringo yagutse, kandi igihe umubiri wawe wagutse.

Si ubwoba. Ni uburyo bwo kwitegura - ni byo buri umuganga afata mu nyubako nshya, buri pilote akora mbere yo kujya gutwara indege, na buri wumara agasanduka asoreza uruzinduko rwe. Menya ahantu uriho mbere y'igihe ushobora kubikenesha igihe.

Iminyibutso Itanu y'Uburyo Buhagaze.

Ndotoro.	Ibyo ushaka kumenya no kwirinda: * [Amaforomo y'ibimenyetso] * [Uburyo bwo gukora ibintu] * [Ibintu by’ingenzi] * [Amakuru yo kwirinda] * [Ibihe byiza] * [Imyirondoro]	Impamvu y'uko byihariye.
1. Ibiruka byagutabara mu gihe cy'amakuba.	Nimurongera. Reba aho ziri mu ruganda, kandi ushake uko ziba zifite umwiharuro. Ibyo byose ni ibintu by'ingenzi kumenya.	Mu mwuka w'abantu benshi, kandi hari ikibazo gikomeye - nk'umuriro, ubwoba, cyangwa aho abantu batumikwa - umuntu usanzwe ahindukira ajya mu mahanga. Icyo gihe, urwo ruganda ni rwo rwaha akaga. Gutekereza ku bindi mahanga bigezeho ari wo mutwaro hagati y'uburyo umuntu asanzwe abigenza n'icyeme cy'umuntu.
2. Umuranda w'ubuvuzi / umwuga wo guhoza ibibazo bya kwanza.	Buri gihe ushobora kuba ukeneye, umuvuzi ushoborwa abahererereye ahantu hakurikijwe: hafi y'uburiro bw'inyuma, hafi ya salle de détente, cyangwa aho hari ibyandiko byarashinzwe. Mu birori bikomeye, ariya mahanga ashobora kuba ari umwenda cyangwa ahantu hamaze gutunganywa neza. Muri za klubi, abaganga bashoborwa bakenshi baho bafashijwe n'abakozi baguze na kompanyi y'ibirori, kandi baba hafi y'uburiro. Niba utazikeneye, kumenya aho ariho bizakugira ikiguzi.	Iyo umuntu uri nawe agomba kwakira ibibazo by'ubuzima, cyangwa ukwihutisha wowe, inzira yo kugera ku birori by’abaganga mu gihe hari abantu benshi si igihe cyo gutangaza. Hamwe na hamwe, ushake aho uri hose iyo umudugudu ufite amahoro kandi ugiye gukora neza.
3. Ubushoborero.	Amazinga y'ubwoko: Ahuzamugaragaro mu Bwongereza afite uburemerezo bwo guha amazinga y'ubuntu. Ibigo byinshi bya serivisi z'ibikorwa byumvikana bifite ibindi bitabo byamazinga. [•] Nimubizi aho hari urundi rwego ruzwiho gutanga amazinga—ntukavuga "urundi rwego", ahubwo nimubize izina ryayo. [•] Nimubizi niba hari amashyaho y'amazi atangwa mu bwinshi (aracyumvikana mu birori byo mu Bwongereza, ariko si ko biri muri Europe). [•] Nimubizi uburemere bw'urwego ku	Mu gihe wenda amasaha y'imikundiro, ukoresha imyaka ibara (electrolytes) ku ijana rimwe na mirongo itanu miliyaridi (500ml), uzahagararira kugura amazi inshuro zirengeje. Gutekereza uko ushobora kugera ku mwobo w'amazi mu gihe gito, ukava aho uriho ku ruganda rwo kuririmba, ni icyifuzo gikomeye kandi cy'ingenzi, by'umwihariko

	gihe cyihishiye (bushingiraho cyane nyuma ya saa munani z'ijoro).	mu kanya ka gatatu.
4. Ubwiherero.	Amabanga makuru, ndetse n'amabanga makeyo. Ibiruka by'umuzinga bishobora kugira amabanga ku mirongo itandukayo cyangwa ahantu hatandukayo - ariko umwe muri iyo myobozo abantu benshi bakoresha, ibindi bikaba bigoye cyane. Menya buri hamwe. Umenye uko uhagera uvuye ku ruganda rwo gucuranga, mu ijoro, ubwo ahantu hari harimo abantu benshi, umuziki ukiri hejuru kandi ushobora kumenesha.	MDMA ishobora kurenga ubushake bwo kujya mu birori. GHB ishobora kugira ingaruka ku myanya y'ubwinyande. Imirimo itanga ubuzima (stimulants) ishobora kurenga ubushake bwo kujya mu birori. Gutekereza aho uri umuhanda w'ibiti cyangwa ibwiro mbere yo kuba ufite uburyo bwo kujya mu birori bisobanura ko utazajya uhinduka ukurikirana aho uri mu gice cy'aho abantu bari benshi, idupfu, ujugunya urushwa uko ushobora gusoma ibimenyetso.
5. Ahantu hosejwe / ahantu umuntu yinjira.	Icyumba cyo gukorera ibikorwa by'uruhanga, hashyirwaho ibisiganzo. Ahantu hose hagenzura amashyoka hanze (ahantu hashingiyeho ko ari ahantu heza kandi hatari hakenshi). Imyanya yose yo kwicara hafi ya mahanga. Amagaruka, amafoto, no guhagararaho, byaba bigeze ku myanya yo kwicara. Ahantu hose harimo umwimburiro mwinshi (hafi y'ibikoresho byo gukora imyumburiro, hafi ya mahanga, hafi y'amakorali).	Mu ishami rya 6 ry'inyamaswa, umwimvure ukomeye ku bwoko bwa 150 BPM urangiza ibikoma bya 450–600 ku isaha. Umubiri uzahagararara. Gutekereza aho ugomba kugira ngo ugerageze ko icyo gikenanye kitagera, bituma wanyura mu cyumba cyuzuye cyane ujugunya uko wagira aho uruhuka.

Ubwumvikanye n'ubwinshi bw'abantu.

Ubusanzu bw'inyuma bwa raporo bugomba gushyira ibitekerezo byawe ku buryo ushobora guhindura uburyo bw'ibikorwa byawe kugira ngo uhangane n'imikundizo y'umwimerere.

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Ubusanzu bw'inyuma bwa raporo bugomba gushyira ibitekerezo byawe ku buryo ushobora guhind

Ubukane bw'abantu.	Ibigaragazwa.	Ibigaragazwa mu buvuzi.
Sparse — kugera vuba cyangwa umwanya munini ugereranyije n'abari aho.	Ushobora kunyagiza amaboko yombi utabagira umuntu. Hariho ibyoza byumvikana hagati y'amakuru.	Ubwiza. Uruhare rwinshi rw'amahoro. Umwuka mwihariye ujyanye n'umubiri wawe. Ahantu haterwa inkoni ni ahantu heza kandi hafunzwe cyane mu gihe kiri kuri iyi level. Aho ni icyo gituma kugera vuba no kwigarura aho uhagaze neza biba byiza.
Ahantu heza - ahantu gifite abantu benshi, ariko ntibimariye.	Haguma ukihereereye umuduri w'amaboko yombi hagati yawe na muntu utamenya ukivugana. Ushobora kugenda neza, ariko ushobora kumenya abandi bari hafi.	Ibyo bintu byose birashoboka, ushobora kugenda mu buryo bunyuranye. Igihe cy'O_2 ni kirekire. Intebe irimo ubushyuhe buhagije. Ibi ni ibyiciro by’umwiharuro bifite ireme ryihariye ku mugoroba.
Icyumba cyuzuye, kigizeho abantu benshi.	Abantu bari mu murongo, bamwe ubona bakeganye kuri abandi. Kugenda ni ngombwa, ariko kurebana n'umugendo w'abantu ndetse no gushyira mu gaciro icyifuzo cyangwa inyandiko y'umuntu. Ushobora guhura n'ubushyuhe bw'amagara y'abantu bari hafi yawe.	CO_2 y'imyaka itangira kuzamuka. Kuguma mu buzima bwiza biba bigorane. Amagambo agereranyije no kwireba birushaho kugabanuka, bikaba byo gukorerwa hanyuze, bidatanga umwanya wo kureba neza. Niba wari muri iyo ntambwe ubajyana: saka ibice by'ahantu hose, shaka aho umwuka ujya, na none shaka

		ahantu hagufitiye, mbere yo kujyayo ukagera mu gitondo.
Ubukane bwo gukora ibintu - hejuru y'ubushoborero buvugwa.	Ntushobora kuryama ibiganza bigutwaye burundu. Abantu bajya hamwe nk'umugaburo umwe. Wumva ingufu zijya ku mwanya bitandukanye kandi bigatangira rimwe.	Ibi bintu bibi. Umugepete wa CO_2 uronzwe cyane. Kuguma mu buzima bw'umubiri kutashoborwa. Ntuzishyire ibyayo ku gice kinini. Ejya ku mazi, yegereho ibisubizo, cyangwa usohoke. Iyi myinota nyinshi muri gahunda itanga umwanya munini mu rwego rwo guhagarara, kandi nta bubiko bwiza.

Ibyo kuvuna umwuka n'amazi yuzuye (Oxygène) no gusubira mu mazi yuzuye (CO_2) bituma wumva uko: Uburyo igihe gito cyane cy'abantu bigezeho.

THE CENTURION – Ibihumbi bishobora kutavurwa n'ibintu byinshi. Ahandi, ishobora kuba umwuka.

Umwuka usanzwe urimo amashoboro agera kuri 0.04% ya diyokside ya karboni (ibice 400 ku byumvugo). Mu cyumba gifite ubushyuhe bwiza, iyo nshongye ya CO_2 iguma hafi ya uwo mwimerere nta kumvikana ko hari abantu benshi. Mu cyumba gito cy'imbari - cyane cyane ibyumba byo mu isoko, amakonderi y'ibiti make, cyangwa andi mahanga aho umwuka utagombwa gutwara neza kubera abantu bari muri – iyo nshongye ya CO_2 iyongera kuko abantu basohora.

Iyo myamaro ya CO_2.	Aho byo biba mu birori.	Ntamenye ibyo.
400–800 ppm (ubushyuhe bushoboranywe mu birori by'ahantu hatangirwamo umwuka, cyangwa ahantu heza).	Amavugurura aza ku karubuga rw'ibikorwa rusanzwe. Ahantu mu nzu bifite ubwoko bwiza bwo guhindura umwuka. Ahafi y'amazu na murugo. Ahafi y'aho DJ ariho (kuko ahitamo usanga hari uburyo bwo gukora umurimo mwiza).	Bure. Ntacyo cyihindura ku bimenyana cyangwa ubuzima bw'umuntu kuko biturikiye muri CO_2.
800–2000 ppm (ahantu hashyizwe mu nzu).	Ibiranga by'ahantu hose mu nzu bifite abantu benshi kandi aho umwuka utagera neza cyane. Amakikoni mensi igihe kigomba kuba, cyane cyane ahantu hacye ku ruganda dushyiraho ibirori.	Ku iherezo ya 1000 ppm: ibimenyetso by'imimerere y'ubwenge byagaragaye mu bushakashatsi bw’ibanze — umuvandimwe ushobora kugenda akoresha igihe kinini cyane kugira ngo afate icyemezo. Ku iherezo ya 1500–2000 ppm: ugeraho gukomerera, no guhagarara gato. Ibi bimenyetso ni byo ari byo, ariko bigatangaza ubundi n'ibindi bibyoroheye nk'umwijuki, umwuka mwiza, no kwangirwa n'izindi mvandimwe.
2000–5000 ppm (umuyoboro mubi, abantu benshi).	Amabara y'ibiciro byuzuye. Amarozi adafite ubwuma bwiza. Ahantu hashingiye mu bwinshi cyane ku kigo gishoborwa n'abantu benshi. Ibi bice byose bifatwa nk'aho ushobora	Ibyivumbuko by'umutwe bigatangira vuba cyane kurushaho. Uruhumye rureba nk'aho rugiye kugenda kure y'ibyo usanzuye. Ubudare bwinshi butuma ubigana, kandi

	kubona umuyaga ukomoka ku mazi ku mabya cyangwa ku ibanga, ukurikije umwumavu w'abantu.	bitandukanye n'ibyiyongera by'imikundiro. Kwangirika kw'umubiri ku buryo bwihariye. Uruhumye ruzatangira vuba cyane kurushaho. Ibi bimenyetso bigenda bikorwa nk'ibintu byatewe no kunywa, ariko bishobora kuba umwuka.
5000+ ppm (ntiboneyeza - bibaho make ariko bishoboka)	Amaboko madogo mensi y'umuri, cyane cyane ibyumba byo mu gisimenti bigurishwa ku buntu. Ibi bisanzwe bidasaba ko bikorwa ahandi hatunganyijwe neza, ariko byakemangwa mu birori bitifuje ubwirizwa cyangwa bitangamiwe n'abantu batemererwaga.	Uruhumye rwinshi, ububabaro mu ndirimbo, umutuzo ushimyemo, no kuba udafite ubushake. Ibi bishobora kuba ari ikibazo cy'aho uri, kandi ugomba kuva aho. Niba abantu benshi bari hafi yawe baragaragaza ibi byemezo birimwo: ni icyo mpuzimbuzi (amayeri) bitanga, bidatanga umuti.

Ibyo ushobora gukora kugira ngo uhashe umwuka mwiza mu cyumba cyangwa aho hose.

* **Vuba uburyo bw'umuyoboro w'amazi.**
* **Susa neza.**
* **Gakora ibintu bya burorero.**
* **Shyira imbuto z'ifunguro.**
* **Ukurure umwanda.**
* **Kwirinda gusetsa.**
* **Hahiriza ku mvura.**
* **Soma amabuku.**
* **Gukora ibintu by'umupira.**
* **Kurya ibiryo bitubutse.**
* **Gufata umwuka mwiza.**
* **Kwirinda imibonera.**
* **Guhagarika intsinzi.**
* **Kwirinda ubujiji.**
* **Gukora ibintu by'umunyamigani.**
* **Gushyira mu rwego.**
* **Gufata umwuka mwiza.**
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* **Gukora ibintu by'umunyamigani.**
* **Gushyira mu rwego.**
* **Guf**

Ntabwo ushobora guhindura ubwoko bw'amazi yuma ahantu. Ushobora gushyira ibintu byawe aho umwuka uri mwiza cyane.

- Hafeho ibyapa by'umushakashatsi, inzu z'ibiteramo zigomba gukurira umushakashatsi guhungabanye n'ubushyuhe no muri dioxide ya kabirori (CO_2) mu gihe kirekire. Umwuka uhumeka uri hafi y'aho umushakashatsi aba usanzwe uba mwiza kurusha uko uri hagati y'ahantu haterwa inkeke.

- Ha ari hafi y'amakorali, amaraso ya CO_2 aba arimo ibyinshi mu gice cyo hagati cya kamarigi ndetse akagwa ahantu hegitse hafi y'amakorali aho umwuka ujya. Ahafatwa ku buryo ko ahantu hafi y'amakorali, hasobeye ku ruganda rwo kurira, hari umwuka mwiza cyane kurusha ahagati.
- Mu biruhoze hagati y'ibyoza bigera ku cyumba kinini, buri cyumba gisobanutse kigaragara ko gifite urubungabunganero rw'amazi. Umwanya uri hagati y'ibyumba usanzwe ufite ubuziranenge bwiza kurusha umwanya uri mu cyumba kimwe gusa.
- Amabwiriza y'ibiciyo - CO_2 ni igipimo gito cyane gikomeye kurusha umwuka, ariko mu bantu benshi bari kuguruka, iyi mpindura itangaza. Igihe kinge, urwego rwa mbere rukikije cyangwa aho dufunzwe usanzwe rufite ubushoborero bwinshi bw'umwuka.
- Hafi na burundu rurimo umwihano, urubuye, cyangwa ifani, hamwe n'ahantu ushobora kumenya ko hari umuyoboro w'amazi—geraho kugira ngo urebere uko umwuka ujya. Umwuka udashyirwaho = ubushake bwiza bwo guhindura amezeza ya CO_2. Iyo temperature y’ahantu hatangirwamo umwuka ushobora kumenyekana, kandi byaba ari ahantu hejuru, ku buryo ushobora kuyibona.
- Aho hanze — aho ushobora kuryamira mu buryo bw'umwihariko, terasi y'hanze, ikiguzi cy'imikino cya hanze. Iyo umwuka wa CO_2 uri ku rugero rwa "ambient" ahandi hose ariko. Niba urwaye umutwe, uburyamare, cyangwa ubushyuhe butagaragazwa mu nzu: sorohera ahantu hanzwe iminota itanu mbere yo gushyira ibintu byose ku bahanuzi.

Ibi bintu byombi: CO_2 + MDMA + umwuka mwishyushye + kurura amamazi + kutagira ibiryo byimbitse bituma umubiri ugira ingorane zirenze rimwe. Kugena icyiciro kigize ikibazo gikomeye - kandi gishobora kugisubiza - bisaba gutekereza ko CO_2 ari kimwe mu bice bigize ikibazo. Umuntu usohoka hanze, akajya kwihagarara iminota itanu, maze agira ubwumvikane bw'amahembe, yashyizeho umuti w'ikibazo: ko ubuzima bushoborwe n'amazi (ubwo ari bwo buryo) byari ikimenyetso gikomeye, bidatanga icyakorwa.

Ikarita y'Ubwumvu.

IGIHUGURO - Rura icyumba cyo gutwara, hanyuma ukomeze urugendo.

Ikarita y'amazi ifite ubushoborero kandi igaragaza ibintu byimbitse. Muri iyo mikorozo yo kwerekeza aho umunyezazuba ariho, ushake no kugenda ku buryo ufata neza buri kimwe cyakozwe muri urwo ruganda, kugira ngo ube wumva uko bigenda mu mutwe kandi ukamenya n'uburyo bugomba gukorwaho:

Ibiranga.	Ntamenye.	Ibijyanye n'igihe.
Amajwi ya kinywa / ibiciyo by'amazi.	Ibi bice: * Urugero rwo gutegura igihe cy'umunsi (igihe gito = umugayo; igihe kirekire = urujijo). * Ibirungo bya amabere. * Amaubusobozo y'amazi. * Niba ushobora gufata amazi mu bwoko butandukanye cyangwa ukoresha ikiguzi gishize.	Munywe amazi mbere y'uko uronzwa. Uruvange ruzwi, umuntu ashobora kuronzwa mu gihe cyo gukina imikino cyangwa gusangira abantu benshi. Igenzura ni ukunywesha mililitiro 500 buri isaaha umuntu akina, kandi wirinire ibinyampeke. Ntuzindire ko uruvange ruzatangaza ko ufite ubugufi kugira ngo ujye kunywa amazi.
Baro hafi y'aho uri ku ruganda rwo gukorera imyitozo.	Iyi bar ikoresheje umubano munini kurusha izindi? Iyi bar ifite amahirwe menshi y'ibinyobwa bitarenza ubugingo? Iyi bar itangira kugenda igihe gihagaze (kuko bigenda byatandukana).	Uburyo bwo gukora urugendo rwo gufata amazi: umuntu umwe abanza kuguma mu cyumba cy'urwibutso, undi agiye ku bar. Mwiririze kuri iyi gahunda mbere y'igihe cyo kuba hari abantu benshi muri line. Umuntu uyohamye mu cyumba cy'urwibutso igihe umuziki uri mwiza cyane kugira ngo ajye kuyobora amazi azahagararwa n'umunota wo gukomera. Rura urugendo rwo gufata amazi hagati y'indirimbo cyangwa se ubwo umuziki utagize imbaraga.
Salle de bain (kwoga).	Amaboko y'ubwiherero, ibyumba byombi, hasi hari ibyumba bibiri. Igihe cyo kujya mu birori (geraho amapiko - neza). Igihe cyo kwigaragara, igihe kigomba kuba ari bwo abantu bari benshi (birenze uko, buriya ni saa 1–3 nijoro mu maklabu).	Igihe ni cyiza igihe ukoresha imiti ya MDMA, diuretics, cyangwa unywa amazi menshi. Gutekereza ko urukingo rwawe ruri he, niba ari mu minota 45 ushobora kujya kuriwo, cyangwa mu minota 3 ujyana na bagenzi bawe, biragufasha gutoranya neza aho kugira ikibazo cy'uko ukeneye kuryoha

		vuba.
Aho umuntu yiruhuka n'aho agira uko akora ibintu.	Icyumba cyo kuruhuka, hasi hari icyaba. Agaburo kuza amatafasi, aho abantu bajyamo. Amashanyarazi yose n'ibindi bice byo kwicururira. Umubiri no muvugo hagati ya gahinda gakuru n'ahandi.	Umubiri ugomba guhagararwa mu buryo bw'umunsi. Muri icyiciro cya 6 cy'inyamaswa y'umuraperi: ubwo umubiri ukora imyitozo ikomeye, umubiri urimo gukora akazi nyabona. Rura igihe cyo guhagarara kizasoreza minuti 10 kuri buri minota 90 yo kuramya. Amenya aho ugomba kugera mbere y'igihe ushobora kuhagera.

Ibinyandiko byo ku rubuga rwa internet.

Muri iyi nyibutsa y'ibyumvugizi, gerage gushira imyaka ku buryo buhuriweho hagati aho uzatangiza igitaramo n'ahaho hari buri gahunda. Ntabwo bizaba byoroshye kwirinda amanukano yose, ariko kuko umubiri wawe azagufasha kugira ngo ube wumva uko uhagaze. Igihe cyaje kandi ushaka amazi mu gihe cya gatatu, ubwo uzaba ufite ibimenyesha bitanduye, kandi uri ahantu hegitse kandi harimo abantu benshi, amashyiri yawe azakumenyesha umuhanda nanone, kuko ubwonko bwawe buzaba butifitemo ubushake.

- Amazi: __ ingendo uvuye aho uri. Itariki: __
- Amabara (hafi): __ ingendo. Itarika: __.
- Amabara (inyandiko eshuriye): ___ ingendo. Itarika: ___
- aho umuntu yinjira: __ ingendo. Ibigo: __
- Icyumba cyo kwivuza: __ ingendo. Itunga: __.
- Sortie y'aho bacurangira: __ amaboko. Iyo ugiye: __

Iyi ntambwe itarimo ibintu byinshi. Ni umwiharuro uhumvikana ko abakozi b'ubuvuzi, abagize itsinda ry'abakora igikorwa, n'abahitabiriye benshi bazikora. Uburyo bw’amaminuti atanu yo gukora urugendo rwo kumenyesha ibintu byose ni umwiharuro mwiza cyane ushoborwa mu birori byose.

Ibihe byo gukora ibintu mu buryo buzafashije (Proactive) vs. Igihe cyo kugira ikibazo kikagera ku mwihariko (Reactive).

I CENITURI - Umubiri utanga imbururu mbere y'aho agomba gutanga ni umubiri uririmba kugeza igihe cyo gusinzira.

Icyiciro cya 6 cy'inyandiko "Move Guide" yashyize ahagaragara ingingo z'ibicurane n'imikorere y'umubiri mu gihe umuntu akora amarushanwa ya dansu igihe kirekire. Igihe umuntu afasha ibyo bikorwa byose – kugira imbaraga, gukora "two-step", no gutwara amaguru – umubiri udatanga ingufu z'umwiharuro hejuru. Ibintu menshi abantu bakora ni ukuguma bafasha ku ndege iyi kugeza igihe umubiri utangaza ko atanga ingufu, ahubwo ntibyongereyeho kugira ngo bareke mbere y'igihe.

Umurimo wo kuruhuka ukorwa igihe umuntu yumva akenera.	Umworozo usanzwe (icyo umubiri ukeneye).
Gira umwihano kugeza igihe amaguru atangara. Tora amahoro ku maguru. Gira umwihano cyane. Igihe gishize, umubiri uratangaza - umuntu agomba kwicumbika buri kanya, yumva uburindi, afite ibimenyetso by'umwijegere bishyirimbuka kugeza aho atangara, cyangwa akeneye guhagararira. Kwicumbika nyuma ni ukugira amahoro ku maburane ahinduye umubiri, bidatanga ubushake bw'imibonera.	Rurarenge ibyumvikanwa mu minota 10 buri kanya nyuma y'amaminuti 60-90 yo gukora amarushanwa. Tanga umwanya kugira ngo usohoke ku ruganda ryo kuruka mbere yuko umubiri ufata icyemezo. Hagaragara. Nanyweze ibinyobwa bifite imyanya. Fanye urusenda uri mu buryo bwawe. Sogera ku ruganda ryo kuruka mbere yuko igice cy'amarushanwa gihagazeho neza. Iri jambo rirashobora kuba ifunguro, ntiribindi.

Icyumba cyo gukorera umwanzuro: Mu bikikijwe byagira icyumba nk'icyo, icyumba cyo gukorera umwanzuro siho uhamagarirwa iyo umunsi ushiriye. Niho ujya mu minota 10 mbere yo kugaruka ku ruganda rwangavu. Ibyikikijwe byinshi bigerageza gushyira icyumba cyo gukorera umwanzuro aho muziki uri munsi kandi uburyo bwo kubuhumeka buri munsi. Ubuzima bw'umubiri bushobora koroherwa vuba mu minota imwe mu cyumba cyo gukorera umwanzuro, kurusha uko biri ku ruganda rwangavu.

Ibi birimo: Ahantu heza, cyangwa urujijo rwo hanze ni ahantu heza hose mu ruganda rukora ibirori. Bifite umwuka muke (CO_2) ugeraho n'ahandi hasanzwe mu nzu. Iyo temperature iragabanuka. Umusubizo w'umwanya uragabanywa. Kugenda iminota 10 hanze, saa mbere z'amajoro, akeretseho ko umuntu ashobora gukomeza kugeza saa munani za nimugoroba, ahubwo akaba yava mu ruganda rukora ibirori saa tatu.

Iyo umuntu yiruhukiye, nta ngingo yo guhagarika ibiganiro, kwimbuza ubucuti, cyangwa kugabanyiriza amahirwe. Bamwe mu biganiro by'ibanze bya serivise biba aho abantu bari baruhukiye. Umuntu wari yarimo gukina

imyinyamuryango amezi mane ashobora kuvuga ibintu byinshi. Ahaho umuntu yiruhukiye niho aba bitanga.

Conga Line: Umwiharuro Ukwubungira Banyamahanga Bose.

IBYITWARI BYA CENTURION - Umwanzuro umwe wo guhagarika, kuko buri wese uyoborwa nawo.

Bikoreshejwe muri iyi gahanda kugeza ubu ni ibintu byerekeye ubushobozi bw'umuntu ku ngoma no kwiyumvisha umuntu yihariye ku rugamba. Conga line ni ikimenyabururu cyo mu bintu byose. Itanga amahirwe yo gukora, nta bushobozi bumwe ushoboye kuba ufite. Iyi conga line igaragaza ubwiyumvure bw'abagize abayifitiye kandi ituma abantu batandukanye bajya hamwe ku rugamba. kandi ni ibintu byoroshye cyane, bitandukanye n'ibindi bintu ushobora kubona ku rugamba.

Iline ya conga si icyiciro cy'ibintu by'igihe gishize. Ni umushinga mwiza wo kwishyira hamwe ku ruganda rwo kuririmba, kandi ufite impamvu imwe ituma abantu batari baririmbaga batangira kuririmba.

Amayeri - Byoroshye bigihe.

Ibihebya byo gukora ibikorwa.

1. Injira umugongo, ukomereze ibirenge byaherereye.
2. Injira hagati y'amaguru, ukoresheje umugongo wawe.
3. Urugo: Ibiganza bigira umutwe ukomeye mu mpande (ntibigendere hejuru - ni igikubita kimeze nk'umwihano, hagati y'amaguru).
4. Injira umugongo wa buri nabi.
5. Injira umugongo wa ibumoso.
6. Igihe umuntu aguruka, igice cy'umufupa gikurikije uruguru rurenga gato.
7. Step, step, kick — step, step, kick. Mu muziki wa 4/4: soro ku nshuro ya 1, soro ku nshuro ya 2, kora igikuba ku nshuro ya 3, soro ku nshuro ya 4, soro ku nshuro ya 1, kora igikuba ku nshuro ya 2.

Amaboko: Hanyuma yo gushyira ku buriri cyangwa ku maso ya muntu uri imbere - ntibagende ku mashani (bihagarika) kandi ntibagende hasahura (bitera ububebatsi). Amaboko agereraho make ku bubiri bw'umwihano. Nta ngingo yo guhagarika irimo. Uburyo bwa none ni uguhamya, si ukugara.

Umuyobozi w'urugo rw'abantu (conga line) ni we uyobora umugendo. Abandi baguma inyuma, bakurikira. Umugendo ushobora guhinduka mu kanya—umuyobozi atangaza uwo mugendo akoresheje imikorere y'umubiri we. Abandi bose bakurikira. Nta byo gushyira hamwe bisaba kurebana, ishingiro ni ukurikira amaguru.

Kwiyongera: Uwo ushaka kwiyongera mu marirano ya conga ashobora kwiyongera agatangira aho ari hose ku kiguzi cye. Injira ahantu heza ku

ruhande rw'amarirano, ndaha inyuma y'umuntu wa nyuma, hanyuma wifashe amano. Ugiyeho. Amarirano atazagira uko asa, ntayirengere, cyangwa ntayemerere kwiyongera - ahubwo aratabona ko yarimanye ko umuntu yiyongereye, ahubwo iraba irenga.

Ibyo Conga bikorera mu buzima busanzwe: icyo Conga cyaba.

Ikibazo ku rugamba.	Bimenywe uko conga yagira icyo ikorera.	Impamvu y'uko ibi bishyigikira mu rwego rwa festival.
Umuntu ufatanya n'ibindi, ariko utabinyuzwa – umuntu ushatse gufata mu rwibutso ibyo bikorwa, ariko atamenya uko agomba kujyana na bo.	Umurongo w'abantu ushobora kujya mu ma biraro atandukayo, gufata umuntu ufite telefone, kandi kumubera inyuma mu murwaho bidafunguye icyo azakorera. Iyo mvugo ni iy’umubiri - umuntu uri imbere yabyo muri urwo rwaho - kandi ikizamerezo gisaba ari boke cyane.	Kwitabira nta byo usabwa. Conga itanga ibisaba bike cyane, igiye gusa gusaba ko "wirukiremo amaguru kandi ugiye mbere." Ibi ni icyiciro c'ibisubizo kigomba kugeraho kugira ngo abantu bitabwe mu birori by'imikundiro.
Ubwumvugizi bw'ubushake hagati y'abantu, umuntu ku wundi, - uburemerezo bwo kuba usanzwe ufatwa nk'umunyezamu ushaka kugera ku nshuro z'impano ze.	Umurongo wo gukora amarushanwa (conga line) urangiza buri wese akora bwite. Urakayemo mu murandiko, nturi umukinnyi. Nta muntu usuzuma uko wakorera amarushanwa cyangwa uko ufatanya. Icyo gusa abantu babona ni uwo murandiko.	Abarimo bafite ubwoba bw'imishyikirano ku masaha y'amarushanwa, umugabane w'abantu benshi usanzwe ukoresha telefone nk'ikiguzi cyo kwirinda, conga ni inzira yo gukora ibintu bitagombwa ko hari imishinga y'ibyayo, kandi ituma abantu bajya mu muryango: gutanga umuti w'imishyikirano bidatanga ubwoba bw'uko umuntu yabona uko umwe akorera.
Iburibwa ry'aho umuntu ariho - abantu benshi bifuza kwifatanya n'abandi ku ruganda rwo kuramba, ariko ntibafite impamvu yo kugenda bajya aho bari.	Umurimbo w'abantu ushira imbere. Ni umwe mu buryo bwo kuririmba ku musozo bw'umuporomokazi bugize ibyumba by'umuriro, kandi bufite uburyo bwo gukora ingendo. Umurimbo w'abantu utangira hafi y'aho DJ ariho uzajya mu bigomba	Iyi ntambwe y'urukundo ni imwe mu zintu zihagararwaho cyane. Ihuza amatsinda atandukanye, irenga ibindi bice byawo, kandi ivanga abantu bari mu biporomante bitandukanye, hanyuma yaratangiza umwanzuro

	byose bya buri kimwe cy'ahantu hose muri iyo nyubako, niba umuyobozi atagishakije.	wumvikanwa uwutsinda twese tutari duhuriye.

Igihe umugongo ushobora kuba - kandi igihe wakwihutisha kugira uwo mugongo.

Imimerere y'ubwoni: Conga lines zigera kuza mu gihe:

*** Ubwo umunsi ushize kandi abantu bari munyago, ubushyuha bwawe buri hejuru kandi amaburigi y’umuryango aba ariyo.**
*** Ubwo DJ agiye guhinduka, ubushyuha bugenda butangira kugenda neza kuko abantu batari kubera mu byo bakora bwite.**
*** Mu minsi ya masaa make y'amasaha y'umunsi, igihe dushyira hamwe, umwimvure, abantu n'indirimbo, maze dusanga ibyishimo by’uruhangwa.**

Uburyo bwo gutangiza: Umuntu agomba kuba uwatangira. Gufata umunwa cyangwa gusakuza ku muntu uri uherereye inyuma yawe. Hatangire kugenda mu buryo bunini. Ufatanye n'umuntu uri inyuma yawe. Abantu batatu bamaramo urugo rw'indirimbo (conga line). Iri rugo ruzakomera.

Ibihe byihuse: Conga zigera ku muzanediyli mwiza hagati ya 100 na 130 BPM - ni ibihe by'indirimbo z'umupira (house music) n'ibindi binyarwanda (Afrobeats) aho urugero rwa "step-step-kick" rugereraho ku bitwaro umutwe w'igikapu (kick drum) na drum ya snare. Ku ihene ya 150 BPM, indirimbo y'umupira ikomeye (hard techno), "step-step-kick" iba igoye kuko irimbuka cyane. Ku ihene ya 80 BPM, iba iteye uburahure cyane kugira ngo hatanga imbere.

Ibyo: Izindi nzira z'umupilote wa conga zishobora kuba ziguruka umwenda w'umurapereri, zigendere mu biranga by’amahugurwa ku mpande, kandi zigasubira inyuma. Umuryango ushobora gufata abantu benshi. Ibyo: Inzira yoroshye (igendera irushaho umwenda w'umurapereri no kugaruka) ishobora kuba igoye cyane, ariko ifata abantu bacye.

Kurebya hamwe: Icyiciro cy'ejo rya zero kugeza icyiciro cya munani.

THE CENTURION — Ibiganiro byo gushyikirana amakuru ni igice cya mbere. Ibishimiro n'amarushanwa bigiye nyuma.

Ijambo risobanurwa neza rishobora kuba ari nk'iri:

Ijya mu cyumba, ndengera mu cyumba, haramo ibintu bitanu by’ingenzi, usanga aho abantu banywe, ushyira ibice bya hafi y’umwuka, gereka imyanya itandukanye kugira ngo ujye kwicurisha, hanyuma ugerageza kumenya uko umuziki uragendera, ukoresha ibintu bitatu by'ingenzi, ubamo n'ibindi bimenyerezo, ushaka gukora ibintu by’umwimeri, wifuje kugira ngo ujye mu cyumba ukeneye, hanyuma ugire umuco mwiza.

Nuko igihe cyaje - igihe kizasohotse, igihe amakariso yarasenyutse, igihe imbaraga z'abari aho zigiye kugera ku mwimerere yo guhumeka bwite ko ibirori byiza bigereraho - hanyuma ujye gutangira urugo rw'imigendano. Cyangwa ukajyana n'urwo ruzikozeho. Urugo ruzajya ahabona rushyizeho. Rujyana abantu bose rureba.

IMIBUZO Y'IKIGIHERO - IYITAREWE MBANZE UGIHINDUKA UKUBONA AMAMASHUSHO.

☐ Ibiranga byo ku musuhero bihantu - kirenga ibiri.
☐ Umuranda w'ubuvuzi/ugusoma ibibazo bya kwanza wasanzwe.
☐ Umwuriro w'amazi ufite umuhamagaro uhanzwe - urugendo ruzwi.
☐ Umwanya w'aguruka wasanzwe - umwanya mukuru n'umwanya mwiza.
☐ Ahari hantu hatumaze gutangazwa, ahaho hose ushobora kugira amahirwe yo kuruhuka.
☐ Ibyiciro by'ubuziranenge bw'amazi y'ikirere – aho umwuka umerera neza.
☐ Umubare w'abantu mu ruganda - ugereranyije n'ubu na uko bizaba.
☐ Ingamba za uko genda zigaragazwa mu mubiri – amazi, ubwiherero, urujijo.
☐ Ubufumbiro mu begi - imirimo, ibyatsi bya banane, ibinyanga bya Brazil.
☐ Umwanya wo kuruhuka urateganyijwe – buri saa 60-90.
☐ **Conga line: ibintu byatangwa, ariko bidatanga akamenyero.**

— — —

Icyiciro 0 cy'Urutonde rw'Amabwiriza y'Inyandiko ya "The Recovery Kernel" | Hanyurwa kuri iyi nyandiko ikuru y'amateka.

Ijya mu cyumba. Menya umwuka. Menya amazi. Menya urwego rwo kuva. Noneho, shaka.

Icyiciro cya 1 — Umutuzo: Ibyo buri muntu ashobora gukora.

I CENUTURIYEN - Mbere y'uko ukora icyo aricyo cyose, hari ikiguzi. Icyo kiguzi ni uguhindura ibyuma.

Burimwo buri bwoko bwa dansi - uvuye ku waltz ya Vienne, uvuye kuri Afrobeats, ukagera ku techno ya Berlin - hari umwihariko kimwe gikubiyeho: gukoresha ibice by'umubiri kugira ngo ujyane igiciro cy'umuvuduko mu biganza bitandukanye. Si uguhagarika. Si uguhamya. Si no guhindura amaguru yanyu buri kanya. Ahubwo, ni ukugenda ugeraho neza. Ibi ni byo bituma umwimvure urushaho kuba ufite icyo ushaka. Ni ikintu gikomeye cyane muri iyi gahunda yose.

1.1 — Kuguhwihangana: Iyi ntambara y’ibanze.

Ntabwo nzi.	Niba ufite ibibazo, ushobora kwitwara ku rubuga rwa findahelpline.com.	**Bitegura ikiya gihe.**
Amaboko yombi arashyirwa hasi. Umubiri uragwira hejuru na hasi, ariko ntugaragaza gutanga imbere cyangwa kuguma uko. Iyo negeranyo ni yawo mu buryo bw'imbere, ariko umuntu ntiyagenda uretse ko atabikurikije icyo akora. Ibi bita "kwigwira hejuru na hasi," kandi ni iyo negeranyo usanzwe umubiri ukoresha igihe adafite indi myihariko yo gukorera.	Ku burundi buryo, igisirimbo gihinduka hagati y'amaguru abiri. Umubiri ufite inzira yo guhagarara itandukayo mu gihe cyose. Iburorero bw'umuntu bugenda. Uwo muntu ashobora kuvuga ko arimo kuramba kuko afasha umubiri we gukora ibikorwa by’imihugire mu buryo bumvikanye.	Mirireho amaguru yanyu, umubiri wanyu ukwiye kugwa hagati ya maguru. Shyira ibintu byose birimo igisope ku mugu wawe wa burundu. Byose - mugu wawe washatse gusa kureba hasi. Ubu, shyire byose kuri mugu wawe wa zoba. Bwije bwije. Nubwire uko bigenda. Ubu, bimenyereho kubikora ubwo umurongo ushize. Ibyo ni ibyo. Ibyo ni ishingiro ry'ibindi byose mu iyi gahunda.

1.2 — Gushakira Iryo Ryihumyo: Abantu Bavuga Ko Batabyemerera.

Abantu benshi bavuga ko batabasha kumenya rhythm (ibitwari) biboneye, bashobora kuba baramenye layer (isonga) rimwe ritandukanye n'igitwari gikuru. Amagambo ya elektroniki afite layers zimwe na zimwe zikorerwa mu gihe kimwe. Hariho uburyo bwihariye bwo kumenya igitwari ugomba:

- Umva ibyuma by'amashanyarazi - ni igikoresho kirekuru, gifite imbaraga nyinshi mu muziki wa elektronike. Ahahe hakurikijwe amasaha ya 1, 2, 3, na

4 mu buryo bwa "house" n'uburyo bwa "techno" (uburyo bw'amasaha ane). Ni icyiciro cyacyo gihagaze neza kandi gifite imbaraga nyinshi. Umvemo muri vuba, ntukumve gusa mu maso.

- Niba utabyumva umwihano w'igikomo kuko ahantu hari henshi, gereka ku mutwe w'umusannidi. Abasannidi benshi baririmba ku nshuro ya mbere. Gukurikire ibyo.
- Niba ukihangayitse kandi utabasha kumenya uko ugomba gukora, gereka umuntu umwe ubona ko afite ubwoba bwo gutanga ibitekerezo maze weza imyanya y'amashyi ye mu gihe cy'umunota kimwe. Umushinga w'ubwonotewe bwanyu uzabyumva kandi ukagira uruhare, mbere yuko ubumenya bwawe buhita bubikora.
- Ibyinogeye ko uririmbo ushyikirwa ntibyoroshye ari byo buri wese ashaka gukoresha. Kugira ibirori bisanzwe ni icy’umwimerere. Kugira ibirori bibiri ni icy’umwimerere. Iyo myemerero ni: kwifata ku rukundo rw'uririmbo ushizeho.

1.3 — Amamarangamaro Atatu Ahinga Ku Isi.

Ubwundi bubiri buhagaze ku ruganda rurimwo amarushanwa y'indirimbo, mu buryo bunyuranye, ku rwego runaka, kandi buri wese ashobora kugira ubushobozi bwo gukora. Ubwundi bwose bubiri bufite umugongo ku guhindura ibintu by'umubiri. Ubwundi bwose bubiri bushobora kubahindurwa uko ushaka.

Move	Bimenywe uko byakorwa.	Ntamenye ibyo gukora n'intoki zawe.
Ibyo guhagarara.	Mizanye yubanje agakozweho. Ibinyira bigendere uburyo bwo gukora umwihano. Ntuzamuke cyane, ushobore gukurura gato. Ku burundi buryo, shyiraho imyanya myinshi, hanyuma urusheho. Umutwe ntugatangwa, ahubwo urongereye. Iyo ngendo yoroshye itangaza amaboko, ariko ifasha kugira ubumenyi bw'indirimbo. Shyiraho ibindi buryo byo guhindura imbeho hagati ya burundi buryo bukunda kugenda kugira ngo wirukane. Ibi ntibyo gutamara. Ni ukugemura imbeho.	Amaguru yaguruka, agakorera gato ku mubiri - ntakemeze hasi. Uwo muguru ugomba kugenda ugeraho n'uburyo umubiri urimo guhinduka. Niba utamenya uko wigendera: igice kimwe cy'umuguru gishobora kurara ku maboko yawe, na kimwe gishingiye mu buryo bw'umunsi. Evuba kugurira amasogongo yombi hasi y'ubwozi - ni ikimenyetso gikomeye cy'uko udashaka kwifatanya, kandi umubiri urabizi.
Ibi bituma.	Simbuka umutwe w'umunwa hagati ibirenge byombi. Mu minota ya mbere, shira umuhego wa burundu uragende ahagaragara. Mu minota ya	Ibi bice bibiri byorohereza umwiharuro w'amaboko - igice kimwe cy'umubiri gisanduka kwinjira imbere ubwo iriya maso yagera. Shyira ibi mu mwiharuro.

	kabiri, shira umuhego wa zihiga kugera aho umuhego wa burundu uragendeye. Mu minota ya gatatu, shira umuhego wa zihiga uragende ahagaragara. Mu minota ya kane, shira umuhego wa burundu kugera aho umuhego wa zihiga uragendeye. Ibi ni ibindi bimenyetso bibiri byakozwe inshuro zirengeje. [Amabwiriza y'ibindi bimenyetso:] * Shora gato igice cy'umubiri hagati (hip) arahagera aho umuhego uragendeye. * Ushobora kugenda imbere, inyuma, cyangwa mu muryango muto ugiye gukomera. * Niba ukorera neza iyi ngingo, ntuzongereho indi.	Niba ushaka kongeraho isanduka ry'amaboko: sanduka hanyuma ufunge umusozi, hanyuma uruhure inyuma. Cyangwa se, igice kimwe cy'umubiri gisanduka hejuru ku gihe cya 1 na 3, kandi hashanduke hashyizwe imbere ku gihe cya 2 na 4. Amaboko agomba kuba aragaragaza ko ari mu mwiharuro, ntayo yigaragaze nk'aho ariko yishushuranya.
The Lean.	Iyi ndirimbo ni myiza cyane ku muziki wa techno usanzwe ukorwa mu mareheme (minimal techno) hagati ya 130 na 150 BPM. Mijana yagutse, iguzi ririmo. Uruhare rw'umubiri ruhagaze neza. * Ugutangira, ujyanye umubiri wawe muremure ku buryo utazongera kugwa. * Ufatanyije n'ibirenge byawe, ujyanye umubiri wawe muremure atari mu gasukuru, ahubwo ujyanye imbere ibarirwamana 10°. * Ubu, uruhare rw'umubiri wawe ruri ku bice by'ibirenge. * Igiye gusa ni uko umutwe wawe ugitera mu buryo buhoraho ubereye kuri muziki. * Amaguru yawe yaba aho ushaka, hanyuma ujyaneho amaboko yawe. * Uburyo uhinduye umubiri bwa none butanga amahirwe yo gushimira kandi ukurikiza muziki utangaje, nta ko wifashisha ibindi by’ibikorwa bya rugamba. * Ibi ni byo abantu benshi bakunda muri Berlin bakora iyo ndirimbo.	Amaboko yifashishijwe ku rutuma (bivumburwa ko ari byiza muri iyi ntambwe cyane cyane kuko igice cyo gukomerera imbere bitanga umwanzuro wo kwiyegura, bidatanga icyumweru). Irukoma rimwe kuri imyuguto. Amaboko yindi n'ibindi bice by’umubiri bigeze ku buryo butabyanze. Cyangwa igice kimwe cy'umukono gishyizwe hejuru hanyuma kigendere gato ku ruhande. Muri iyi ntambwe, ibyo amaboko akorera bisobanuye bike kurusha ubuzima bw'uko umubiri ukomerera imbere. Uburyo umubiri ukomerera imbere ni byinshi.

Icyiciro cya 2 — Amakorari y'urwibutso: Ibyo ibikorwa by'indirimbo z'inyikiragiro bitwigisha.

THE CENTURION — Tango yigisha gahunda. Cha-Cha yigisha ibiranga. Stomp yigisha uburyo bwo gukora neza.

Ntabwo ugomba kwiga amasomo ya tango kugira ngo uyifashe. Ntabwo ugomba kuba ufite ibitekerezo by'amasiganwa y'imikundiro. Ibyo umuco nyubahirizwe ufite ni umurimo wuzuye wo guhuza imibiri, kandi zimwe mu mpamvu z'ubwenge bwiza muri uwo murimo zishobora gukoreshwa ku ruganda rwo kuririmba mu minota itanu.

2.1 — Kuva muri Tango: Umwirongo, Integuro, Ingendo yitezwe.

KU RWABURO – Ibyo tango bigeraho ku byamamare mu kuririmba ni ibintu bitandukanye n'amaboko y'umwimerere. Ahubwo, ni ubushobozi bw'imikundiro.

Tango ya Argentine yubatswe ku mwanya umwe ukomeye: buri ukoza bugomba kuba umwanzuro uhumijwe. Ntihagira ukoza ushobora gukorwa mu buryo bwo guhamagarana. Igihe umutwaro uruhuka, urahuka afite gahunda yuzuye. Umubiri uzi aho azajya mbere yo kugera ahandi. Ukoza bugaragaza icyemezo.

Ibyo aribyo bitandukanya abagiteri b'umwimerere n'abagiteri batabishoboye ku ruganda rwo gucuruza. Si ibyiciro by'imigirire. Ahubwo ni gahunda y'ibyiyumvikanwa.

I ntangiriro y'uburyo bwo gukora (tango principle).	Ntabwo nzi.	Buryoshye uko byakorwa.
Mu tango, "frame" ni umwira - ukomeza urubavu, igiciro kiguma hejuru, ibiro bigeze ku maso ya mbuga, no kuba ugiye imbere hanyuranye n'umwijana, kandi abagabo na bagore bakomeza guhagararara hamwe binyuze mu buryo bw'ibice by'imikono.	Ku ruganda rwo gukorera imyitozi, umubiri ushanduka ukaba ufatwa nk'umwiharuro w'umuntu. Umurimbo wawe ujya hejuru (ntugendere uko abasirikare bakora - uhagaze neza kandi uri myiza). Ibiganza byawe biragera imbere, ku biganza bya hasi. Uraherekeje hanyuma. Wirinda kugira urukundo rukomeye mu buryo bw'umwiharuro. Ibi ni ibyihariye umuntu utanga	Simbushye umwirondo. Nta uko ukwiye gusimburira inyuma, ahubwo umwirondo. Hanyura amaguru yawe maze ukayashyire hamwe burundu. Nubure ingingo y'umubiri wawe igendere imbere ku biganza byawe. Ugiye gushyira ibice by’umuvuduko. Noneho hanyuma wifashe neza. Reba uko bimeze.

	ubuzima bw'uruganda rwo gukorera imyitozi n'umuntu ufatwa nk'uri mu ruganda rwo gukorera imyitozi.	
AMABYORO Y'IMISHAKANO: Umwimerere umwe ushobora gushyirwa neza mu byaro bya tango - nta kuguruka, ntikagera hashingi. Ibiganza bigenda, bigera, kandi bigaragaza icyo bigiye.	Mu cyumba cy'imikundiro: igihe ujya ku ruhande rwa buri, ujye ugeraho neza. Igihe ujya ku ruhande rw'ibindi, wongereho umwanya. Kuguruka gato kureba nk'ukuntu umuntu utishimiye yitwara. Kuguruka neza kureba nk'ubushimishije. Uruhande rwa buri hagati yumuntu ufite ubwoba n'umunini w'imikundiro ni uko uburyo bw'amabuno byatandukanye.	Gerahoza ingendo ebyiri, ariko ugiye gukora neza buri rwego. Injira neza mbere yo guhagarika ibirenge. Reba uko bigaragara kandi wumva bitandukanye, ndetse no mu mirundo.
TANGO: I tango, umwanzuro urashyirwa mu mwihano. Kwihagarara ku gihe cyimwe ni kimwe na gutanga umukomandeko mu ndirimbo. Gutembera ni nk'uko kwihagarara.	Ubwicururuzo bw'umunota ku ruganda rwo kuramba: guhagarara mu gihe cyo gukora ibikorwa bya burundu cyangwa hagati y'amagambo, kandi ukomeza guteka - ugiye ukoze neza, uri mu rwego, usoma – ni kimwe muri byo by’ibintu bifatanye neza kurusha ibindi ku ruganda rwo kuramba. Ibi bisobanura: "Nzi aho umuziki ujya kandi ndi kuvugana." Abantu bose bakurikira iyi ntambwe nta ko babizi.	Igihe umuziki wageze ku gipe cy'umwiharuro, gerage kuguhagarika burundu. Shyira imbere. Hanga. Niba ushatse, ntihagire icyaba. Nyuma yo kureba igisigazwa cyo mu muziki, yegera kuri iyo ritini. Bizakwereka ibintu by'ibikorwa kandi bizabagarurura.

2.2 — Kuva ku "Cha-Cha: Igitinyitinyi n'Urugo."

KU RWABO – Umwanzuro wa cha-cha abagira icyo bakubwirwa ku byo gukora "hagati y'ibitwe" - urundi rushanwa hagati ya bitewe.

Ubwiri bwo gukora "cha-cha" - kimwe, ebyiri, "cha-cha-cha" - ni ukwigwizaho: ni urugendo rw'amajwi rukorwa hagati y'amagambo akomeye. Kwigira uburyo bwo kumenya ibyiyumvikanwa bya "and" birafungura buri gahanga mu muziki, kandi benshi bayitiriraho.

Imyirondiro y'amaboko ya Cha-Cha (byumvikanwa cyane mu birori).

1. Mirireho amaguru yombi hamwe. Ibuririho ku muguha w'ibumvu.
2. Sogokora umutwe wa burundu hagati, ukagira gato ku murongo wa mbere. Shyinjiriza igiciro ku mugayo wa burundu.
3. Sogera umusigati wa buriri hagati ku bwoko bwa 2.
4. Cha-cha-cha: Injira umusaruro urambuye ku "na" y'amajwi ya mbere, burana kuri beat ya 3, hanyuma ujye mu musaruro urambuye wa kabiri ku "na" y'amajwi ya kane. Ibi bintu bitatu byo guhindura ibiro bigomba gukorwa mu gihe kirengane cy'ibyumashini bibiri.
5. Sogora umutwe wa buriri ku mugaragaro, hagati, ku rugero rwa 5. Iterura inyandiko.

Ibihanga: Mu marira ya cha-cha, ururirimbo rushobora gukora ubwabyo niba ibindi bice by'umubiri bigaragazwa neza. Igihe umuntu yiririmbaga ku igeri rimwe, igice cy'umubiri kizasuka kigaragaza ko hari imbaraga. Shyiraho. Ntuzamare kugereranya ururirimbo n'ibindi bice by'umubiri—ushyiremo ibindi bice by'umubiri maze ururirimbo rushobore gukora ubwabyo. Ururirimbo rukozwe n'imbaraga ruhagaragara nk'urutunganye. Ururirimbo rukozwe n'ibindi bice by'umubiri ruhagaragara nk'uruhire.

Ibyo cha-cha biguha:
(1) Imiyoboro igendere uko igiciye – genda uyikurikiriza,
(2) Uwo "beat" ushobora kuwukoresha – si byose bisabwa kuba kuri uwo "beat" w'ingenzi,
(3) Imigendu micye, ituma umwimbu ukurikije neza, igaragaza cyane kurusha imigudu mikire ituma utagira umwimbu.

2.3 — Umwihano: Uruhare na Ibiranga.

KU RWABURO – Uburyo bwo gukora "stomp" buvuye mu mizi y'indirimbo z'Afurika n'iz'Afrobeats. Buhuza umubiri n'umugabiro ahaho kugira ngo umubiri ushatagaze hejuru.

Iyi mpamvu y'izindi ituma umwanya ukunda kuvangwa mu ndirimbo zikoresha ibiranga byinshi (130+ mu ndirimbo za hard techno, gqom, na muzika yo mu mahanga), kuko muri iyo ndirimbo, igitendero cy'indirimbo (kick drum) kikaba gikomeye kandi gifite inyuguti zikwiye.

Ubwumvugizi bw'ibanze.	Imikorere y'uburyo bwo gukora ibintu (stomp variation).	Iyo ikiyindi gishobora gutanga mu byifashishwa.
Ibiganza byagutera ku biganza kimwe gusa. Ibiganza cy'umunwa gisubira hejuru ibirenge 2-3.	Ubuza amaboko: igihe umutwe wa ibumoso utangira gutera hasi, umurima wo kw'ibure	Uburyo bwo gukora "stomp" bukwirakwira mu cyumba. Ibyiciro byinshi by'imikundiro ya elektroniye

Ku buryo bw'igikomo, shyira iganza ry'umunwa HASI ukoresheje imvune yose, ugasubira ku butaka ubwo nyine igikomo gishinzwe. Ubu butaka bugombaga gufata imvune - ntukongere gusubira hejuru. Shyira ibiganza byawe mu mwanya. Shingiraho biganza.	yagende imbere (ndetse n'ahandi). Ni uko bigenda mu buryo buhoraho bw'uburyo bwo kugendera. Ibi bifasha guhagarika ikibazo cy'amaboko atangira gutwara, kizasobwa no gukora ibyo gutera hasi gusa. Gufunga amaboko ntikabe ari byinshi, ahubwo bigendere. Umutwe ni wo ushoborwa. Amaboko agendera hamwe na we.	ku masaha y'umuraperi bisanzwe birimo guhagarara hejuru - kugura, gutamara, no kwinjira. Uburyo bwo gukora "stomp" ni ukwigwizamo hasi - mu kiraro, mu ryanga. Bivumbuka umwiharuro utuma abantu bumva ko ufite icyizere n'intego. kandi by'ukuri, bifasha amagufwa, imyanda, na hamwe no mu masozi mu buryo uburyo bwo kugura gusa ntibishobore.

2.4 — Umwihano Murenge: Uburyo Bukomeye Mu Igihe Witindira Ahantu.

Abantu benshi bajya bari mu birori, kandi aho abantu banyura byaba bigoye. Kugira ngo umuntu abone gukora ibikorwa byo guhagarara no gutera imyanya, akenera ahantu heza. Ibyo bikorwa byitwa "mini-stomp" bigeraho mu buryo bw'umwihariko, kandi bigenderaho ku myanzuro itangwa n'abateguye birori.

- Ibiganza ku igeri rimwe. Umutwe w'umuhogo wo kuri ibiri urushaho (ntihagera umutwe wose—ahubwo umutwe gusa). Mu gihe cyo kwigwizamiza: umutwe w'umuhogo urasubira hasi mu buryo bumvikanye. Iyo ukinyomoza ukurikije ibice by’ibindi, iyi ngingo itangaje ariko iyo ukinyomoza ukurikije ibice byawe, irebwa neza kandi igaragaza umwihariko.
- Amaguru agereranywa: ukwiruka umuhebero udasigara ku murongo wa 1, hanyuma ukwiruka umuhebero udasigara ku murongo wa 3.
- Uruhare rwa kabiri na kane, uruke; uduhegerekano kwinshi ku nshuro ya mbere na ya gatatu. Ibi bituma umubiri ukora ibyigaragaza bitandukanye mu minota ine, bigereranyijwe no gutungurana kw'igikomo (kick drum) n'ibindi bimenyesha (snare).
- Mini-stomp ni umuti ku buntu buheruka cyane, ubwo umuntu yaba uri hafi yawe cyangwa se mu kanya gato k'amatora aho abantu bari benshi kandi uko ariko ushobora gukorera ibikorwa byo kwihagarika.

Icyiciro cya 3 — Umurongo w'ibintu byoroshye (BPM): Iki gikorwa gikurikije iki buryo.

THE CENTURION - Amuriro y'indirimbo igutanga ibyo ukwiye gukora. Igihe cyo, ugomba kumenya uko wumva n’ubwozi bwawe.

Amajeneri atandukanye y'indirimbo afite amaberege anyuranye ya BPM (beats per minute) kandi anafite ibiranga byihariye mu muziki. Umubiri usanzwe urangiza gutanga ibisobanuro bitandukanye ku ndirimbo ifite 100 BPM uretse iyo ifite 145 BPM - ikibazo ni ukuguhisha umuhamagaro wo gukora ibikorwa by'imikundiro bifitanye ishusho ya 145 BPM kuri muziki ufite 100 BPM cyangwa uko. Iyi gahunda yorohereza imikundiro kugira ngo ifane n'indirimbo.

Imyaka y'amara.	Turashobora guhuza ibintu bitandukanye mu byiciro bitandukanye, nk'ibyo twavuga hagati y'imikino, imyirondorere, no gutanga serivisi.
	
	* Imikino:
	  * Football
	  * Basketball
	  * Volleyball
	* Imiyirondorere:
	  * Amakarita
	  * Ibwenge
	  * Ubugeni
	* Gutanga serivisi:
	  * Banki
	  * Iture
	  * Ubwirukirwa
	
	Dushobora kandi guhuza ibintu bitandukanye mu byiciro
		Primary movement vocabulary	Ntamenye.	Ubwundi bw'imikino butuma.

	bitandukanye, nk'ibyo twavuga hagati y'imikino, imyirondorere, no gutanga serivisi. *** Imikino:** *** Football** *** Basketball** *** Volleyball** *** Imiyirondorere:** *** Amakarita** *** Ibwenge** *** Ubugeni** *** Gutanga serivisi:** *** Banki** *** Iture** *** Ubwirukirwa** **Dushobora kandi guhuza ibintu bitandukanye mu byiciro bitandukanye, nk'ibyo twavuga hagati y'imikino, imyirondorere, no gutanga serivisi.** *** Imikino:** *** Football** *** Basketball** *** Volleyball** *** Imiyirondorere:** *** Amakarita** *** Ibwenge** *** Ubugeni** *** Gutanga serivisi:**			

	*** Banki * Iture * Ubwirukirwa Dushobora kandi guhuza ibintu bitandukanye mu byiciro bitandukanye, nk'ibyo twavuga hagati y'imikino, imyirondorere, no gutanga serivisi. * Imikino: * Football * Basketball * Volleyball * Imiyirondorere: * Amakarita * Ibwenge * Ubugeni * Gutanga serivisi: * Banki * Iture * Ubwirukirwa**			
70–95 BPM	Hip-hop, R&B, trap, slow jams, reggaeton.	- Umwiharuro: Misegura, ujyeho ukurikije ibiro, sigeza igihe cy'ibyumweru bibiri kugira ngo urusheho. - Kohereza umubiri ku buryo butandukanye n'igihagararo. - Ibirungo biraguruka mu mahengeri, ntibiragure mu masozi. - Shyinjiza	Amagambo y'amaguru asa neza. Ingamba ebyiri nk'urugero rw'imigaragaro itanga umwiharuro. Kugira. Imyitozo y'amakungu yo mu mahanga, by'umweranda, - ntiberegeranye n'ubusonga bwa muzika kandi bizagaragara ko ntawe ufite ubushobozi bwo	Ubwese bw'umuvuduko wa "cha-cha" - uko umubiri ushanduka kugira ngo urushoze, bwa buryo bugaragaza imyanya y'ibirenge, buri hantu bufite icyo butanga. Keraho uburyo bw'umuvuduko maze buvuye ku gihe cy'amajwi

		amashani kuri ibyumweru bibiri, hanyuma urusheho ku bumwe bwundi.	kumenya ibirimo muri iyo muzika.	ibwami (half time), kandi uburyo bwo gukora umuvuduko w'imyanza bugaragaza neza ubushyuhe bw'ibirenge mu gihe cyo gutera amashyiko.
96–115 BPM	Afrobeats, Amapiano, dancehall, baile funk, n'imwe mu ndirimbo z'indirimbo z'umwimerere.	Ibiragaburo - bitangira ku mutwe, biguruka mu gikondo, umubiri, igice cy'ibere, na bisigara, bigatangwa hagati. Yongeraho kurusha ibiganaga byinshi. Muri Afrobeats: imyanzikiranwa irangwa no kuba hasi, ikoresha igiciro, amaguru yinyuganye. Umubiri uragwa HASI ubwo umurongo ushizeho.	Ibirori by'umupira wo mu Burayi - biba benshi cyane, kandi bigaragaza ishusho y'uburyo butunganye, bitarenze muzika ya Afrobeats. Ibyiciro byose birimo umwimbu ukomeye, kandi buri kimwe kigomba kugeraho. Umva ibyiciro bikomeye maze ugerageza ko ibindi bigereraho aho bizajya.	Ibyiciro - cyane mu muziki wa Amapiano, aho ibyiri byinshi bigaragazwa kandi bifite umusaruro munini. Ibyiciro biranganira ubushobozi bw'ibyiri. Ibyiciro bitukura bikoreshwa igihe abantu babihebye cyane mu birori bya Afrobeats.
116–126 BPM	Deep house, soulful house, late-night house.	Ibyo byombi byerekeranyeho bigera ku gihe cy'amabanga. Kugira umwiharuro mu kuguruka - viriza ko igihe cy'indirimbo kikiri kirenga mbere yuko uguruke. Ibihogo bishobora kwongeramo urugendo ruto rw'umwirondo (figure-eight) uko wigurukaho.	Uretamo. Umwimerere (deep house) ntukwiye kuba uretse. Ibihumbi by'abantu bakunda gukora akarengane ni uko bavuga ko bavuye mu buryo, kuko babona aho batanga umwimerere—ariko iyo "ibindi" ni icyiciro cy'umwimerere. Umwegero	I-frame na i-tango pause - umusaruro wa deep house (agace aho amagarama agorwa kandi hasigara ibindi bintu byonyine) ni ahantu heza hoseko ushobora gushyira i-tango pause. Kwitaba. Gufata gahunda. Kurindira ko igaragaramu

		Umubiri ufite umwanya wo kugera ku mwiharuro. Amaguru: atambara, ntakoreshewe mu byo gushyira imbaraga. Uburyo bwo kwitwara bw'umuraperi - ukurikije ibintu biruta - bugaragaza neza.	mwiza umwe buri gato ku gihe ni byinshi kurusha ibirengane bine.	ritazura. Kugenda uko igaragaramu ritazura.
126–134 BPM	House, progressive house, classics.	Uburyo bwo gukora "four-on-the-floor" - buri igihe umutwe ufatwa, hakorwamo intambiro y'amaguru. Uburyo bwo guhagarara mu buryo bubiri (two-step) bufasha kugira inzira. Igihe cyo gukora "jack" (kivuka i Chicago): amaguru agereraho hagati ku nshuro ya 1 na 3, hanyuma akajya hanze hejuru ku nshuro ya 2 na 4. Ubu buryo ni bumwe mu by'ingenzi bw'umuziki wa house kandi bugaragaza neza umuziki wa house w'igihe kirekire. Kuguruka (body roll) kandi ni ngombwa - igice cy'ibubyi gitera imbere ku	Ubwoko bwo gukora imyitwarire bw’ibiciro bya za 1980. Amaguru agendere mu buryo butunguranye. Ibikorwa byinshi bidafite ishingiro ry'umwimerere. Mu muziki wa "house", iyi myitwarire yubatsweho, kandi iyo umutwe cyangwa ibikorwa bitaba ku mugongo w'indirimbo, bigatangaza ko ari iby'ubusaruro gusa, bidatanga icyizere cy'umuziki.	Cha-cha syncopation: umuziki wa "house" ufite ibitwari hagati y'ibindi bitwari bya "kick". Ingingo ya cha-cha itangaza amaboko atatu ishobora kuba hagati y'ibitwari 1-2 na 3-4 - amayiko atatu mu gihe cy'ibitwari bibiri. Ibi bintu ni ibyiyumvikanwa , ariko bigera neza mu muziki wa "house".

		nshuro ya 1, hanyuma igice cy'umutwe giteraho imbere ku nshuro ya 3.		
134–145 BPM	Techno, peak-time house, trance.	Umubiri: burororе, bikire. Iburane ku bice bituma urushaho. Uburyo bw'ishema bugomba kuba bumwe n'indirimbo - ntibugombwa kuba ubwo buhererekanwa, ahubwo butegeka. Uburyo bwo guhagarara: ushobora gukomeza kugendera, ariko bikorwe mu buryo bw'umwihariko. Ibyuma: ibyuma byose cyangwa kimwe gishobora kwinjira hejuru igihe indirimbo yiyongera, hanyuma bigasubira hasi igihe indirimbo itangirira. Uburyo bwo gufunga ibyuma bisanzwe biragomba kuba bifitanye ishusho yo kuguruka n'indirimbo, ntibigombwa ko bikorwa mu buryo bw'umwihariko.	Gukora imyitozi y'umubiri cyane. Uko umwimero ushize (BPM), ni muziki udatanga ingufu. Imiharemywa riryoherwa n'umuziki, ntiribyo gutanga igaruka. Umuntu uduhana imihiremywa myinshi ku BPM ya 140 ahera akaba atagira isobanuro.	Tango: igihe cyo guhuza imbaraga, umwanzuro wo guteka. Igihe cya 140 BPM, umwanzuro wo guteka mu tango, ku mugero w'ibice bibiri bya nyuma by'umusemburo muremure— igihe kimwe cyo kubaho uko ugiye— bishingiye neza kandi bigira ingaruka.
145–170 BPM	Hard techno, industrial, EBM, gqom.	Uburyo bwo gukora "stomp". Amaboko yombi	Umwiharuro uteye imbabazi w'indirimbo	Ibyiciro by'umushinga bisobanurwa mu

		akoresha - umutwe wa mbere uramuka ku nshuro ya 1, umutwe wa kabiri uramuka ku nshuro ya 3, igisagara kigenda cyinjira neza buri gihe. Amaguru ashobora kuba atangiranye, cyangwa kugendana n'umutwe ushizeho. Iyo ntambara irebwa nk'iy'ubugwari kandi byakwemeza - umuziki uri mu buryo bw'ubugwari. Umubiri washobora kurenga imbere bikoranye neza kurushaho kurusha uko bigenda mu ndirimbo za techno. Iyo ntambara ikorerwa ku vuba vya 150 BPM, niwo murimo w'imikundizo.	z'umuryango (house music). Umwihari uremereye w'indirimbo z'umuryango (deep house). Ibyo bintu byose bigeraho kugira ngo bikomeze ibyiza umuziki urimo. Techno yoroshye ifungura ibisanzu by'umubiri - umubiri utanga ibyo bisanzu ubona ko uri mwima. Umubiri utageraho ugerageza gukora, ariko ntibishoboka.	gitabo cyo ku rubuga rwa internet. Hard techno yubatsweho kugira ngo ifatwe neza. Mini-stomp ifashishwa igihe abantu bari benshi. Umwanzuro w'intambara - buri icyiciro gishobora gutanga umusaruro.
160–180 BPM	Drum and bass, jungle, footwork.	Ibi bimenyerezwa bya D&B: Iyi nyunganizi ni ntibonereye kuko BPM y'iyindi igoye kugeza ubwo utamenya uburyo. Drum ya mbere (kick drum) iri kuri 80 BPM (igice cy'amasegonda), naho breakbeat	Ngerurutsa buri ibara ry'indirimbo. Igihe cya 170 BPM, bitanga amahirwe mu buryo bw'ubuzima, ariko bishobora kureba nk'aho umuntu aba agiye ku rwego rwa muzika utari wo. Shinjira uburyo bwo	Gufunga umusaruro w'igice cya kabiri. Gukora "cha-cha" hagati y'ibicurangisho bibiri by'igice cya kabiri - ibicurangisho byo mu buryo bwa "breakbeat" bifite irebura riruta 160 BPM kandi afise

		iri hagati ya 160 na 180. Shyira umbwiriza wawe ku drum ya mbere (80 BPM), ntukire ku breakbeat yose. Umwihariko w'amaguru: Ibirungo byawe birimuka buri masegonda abiri y'uburyo bwihariye - bivuze ko urimuka umusaruro umwe buri 0.75 sekondo. Yongera ku manywa make ku birimburiro byawe buri gihe urimuka.	gukora indirimbo n'ibara ryayo risanzwe (half-time). Witeguyeho.	"and" counts hagati y'umusaruro w'igice cya kabiri, kandi uburyo bw'amaboko atatu bwo gufatira umwimvure ("cha-cha") butanga ibyuma byatsembwa neza.

Icyiciro cya 4 — Telefoni: Ibyo yaba ikora kandi ibyo ushobora gukora.

THE CENTURION — Telefoni ni ikiguzi. Emezane nebihindura ikiguzi.

Phone kuri pariteri y'urwibutso igira uruhare runini mu buzima busanzwe: ifasha umuntu kugira ubusobanuro bwo gukora icyo akorera, kuko umuntu atumva ko afite uburenganzira bwo kuba ahandi atyoze. Ibyo bisobanutse nk'ibi: niba ndagaragaza ko ndi gukora ikintu, ntibishoboka ko ngashyirwaho impungye kuko ntangiye (kwipanga). Phone itaravuga ibintu by'umweranda. Phone ni uko umuntu asohokera mu buryo bw'imishyikirano kuko atumva ko afite ubushobozi bwo kuba ahandi.

Iyi telefoni yoroshye ibibazo by'umuntu.	Iyi porogramu ifasha abantu gukemura ibibazo by'ubuzima bw'umwana.
"Ndare, bityo ntangahemberwa gukorera muri urwo rwego." Telefoni yaratanga umwimerere utuma umuntu atagomba kwigana, nta ko yemeza ko adamenya uko biganwa.	Bivuga neza icyo cyihishije: ububabare. Umuntu wese uteka neza ku ruganda rurimbitse kandi ufatira telefone ye kugira ngo arebe ikintu gato, hanyuma ayishyire kera, abonekwa ko atandukanye n'umuntu ufata telefone akayikomezaho. Gutwara telefone buri kanya ni ibintu biboneka cyane nk'icyo cyihishije.
Ndi gishushanya iyi impano kugira ngo nkayiboneze mu gihe nyuma. Hari ubwiza buvugisha mu kwigarurira igihe. Ibyo byumvikana: set ya DJ yari nziza, umunsi wari mw'igihe cy'izuba, isura y'umuteganezi.	Amajwi atanu ari ubushake. Amavideo abiri ni ukurwanya. Ivideo ryambere riragaragaza igihe cyaje. Amavidewo aza nyuma arageraho, ushobora kureba ibyo byabaye mu buryo bwo gukoresha ikimenyetso, aho kugira ngo ubyumve wenyine. Impamvu yo kwerekana ayo mavideo ni ukubera ko hari icyo gikozwe, ariko nyuma y'igihe gito: biraba umuti.

4.1 — Ibyo Ushobora Gukora Ahubwo Uretse Gutumira Amatelefone.

Simbushire telefoni burundu. Ntawo wagira mu nshuti yawe cyangwa mu mwenda wawe. Mu mwenda cyangwa mu beg, ihereye ku ishati y'ishusho, kandi iri kuri "silent". Telefoni ushobora kugera kuri yo itagira ingaruka nyinshi nk'iyo telefone ugiye kuyifunga ukareba ko itazongorwa.

Uburyo bwo gukora umwiharuro: Niba amaguru yaba afite aho agomba kuba: igice kimwe cy'umugongo kigaragara, kandi ikindi gisigara kizashemuje ku mwanya runaka. Cyangwa se, amaboko yombi ashobora kugeraho mu buryo butazangaje (ntibimare nk'uko umuntu yabyitwaraga). Ubu buryo bwo gukora umwiharuro ni bumwe bw'uburyo twavuyemo mu

ishami 1.3, kandi uburyo amaguru atwaye ariho bugaragaza ko umuntu afite gahunda, bidatanga uburemere.

Ibintu bifatwa nk'ibikoresho (ubusanzwe ntibune uboko): Itabi rimwe mu nshuti rishobora gufasha umuntu kugira aho ashize igukorera, rigatanga ibindi bice byo gushyiraho umwuka w'umubiri, kandi ni icyifuzo cyiza ku ruganda rw'imiganiko ko umuntu ariho kandi yumva neza. Amazi ashobora kuba ariwo mwanya. Amazi yonyine n'ibindi birungo ashobora kuba ariwo mwanya. Itabi ntikigomba kugira ibinyobwa byera ngo kikore urwego rwacyo mu buzima bw'umuntu.

Umuntu usangiye nawe: Isasimbisa nziza y'telefone ni gushyira umwanzuro ku maso no kwigana n'umuntu usangiye na we. Kugenda hamwe nta dancing nyuma yo gutanga - kuganira, gukora ibikorwa byimbitse, kureba uko umugabo cyangwa umugore yitwara - ni byinshi kurushaho kandi bitangaje kurusha telefone, kandi bigaragaza ko ufite ubumenyi.

Ibigize ibipimo by'ubuzima.
*** Ibihumbi miliyoni z'ibice by'umweru (WBC).**
*** Ibihumbi miliyoni z'izindi mazi (RBC).**
*** Uruhwiro rw'amazi (HCT).**
*** Ibimenesha y'amazi (PLT).**

Ibyo ushobora kwireba.
*** Umubiri wawe urangwa n'ibimenyesha byinshi cyane.**
*** Ibirungo byawe birushaho kuba ibiranga.**
*** Uruhwiro rw'amazi rurushaho.**
*** Ibipimo by'umweru bishobora kugabanywa.**

Ibyo ushobora kwireba.
*** Umubiri wawe urangwa n'ibimenyesha bike cyane.**
*** Ibirungo byawe birushaho kuba ibiranga.**
*** Uruhwiro rw'amazi rurushaho.**
*** Ibipimo by'umweru bishobora kugabanywa.**

Ibyo ushobora kwireba.
*** Umubiri wawe urangwa n'ibimenyesha bike cyane.**
*** Ibirungo byawe birushaho kuba ibiranga.**
*** Uruhwiro rw'amazi rurushaho.**
*** Ibipimo by'umweru bishobora kugabanywa.**

Ibyo ushobora kwireba.
*** Umubiri wawe urangwa n'ibimenyesha bike cyane.**

*** Ibirungo byawe birushaho kuba ibiranga.**
*** Uruhwiro rw'amazi rurushaho.**
*** Ibipimo by'umweru bishobora kugabanywa.**

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*** Umubiri wawe urangwa n'ibimenyesha bike**

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*** Uruhwiro rw'amazi rurushaho.**
*** Ibipimo by'umweru bishobora kugabanywa.**

Ibyo ushobora kwireba.
*** Umubiri wawe urangwa n'ibimenyesha bike cyane.**
*** Ibirungo byawe birushaho kuba ibiranga.**
*** Uruhwiro rw'amazi rurushaho.**
*** Ibipimo by'umweru bish**

THE CENTURION - Ibiguzi byo kwirengagiza ibintu "by’umwihariko" bicyura cyane kurwego ushobora kutabiziye.

5.1 — Ibyintu by'umutekano bituma ushobora kwerekeza ku bwisanzure.

Ubwunganizi.	Impamvu yuko ibintu byaba nk'ibindi bitunganye.	Iyo umuntu yagombaga gukoresha ibimenyetso by'umwuka, yagombaga kugira ubushake.
Ikarandura mu mwindo – amaboko agendagazwa ku buryo bwa horizantali, akimara hejuru n'hashema ku rwego rwo gukangurira, bigenda birasirama no kuba hasi ku rwego rwo gukangurira, mu buryo butandukanye n’indirimbo.	Ibyo umuntu akora n'amaboko bidafitanye ubumwe n'ibyo yumva. Amaboko arimo gukorera, si uko amakuru yabyangaheye. Birebana nk'umuntu wari ushatse kugira ibikorwa by'amaboko, ariko atarahaye impamvu.	Amaboko agereraho ubwo se muzika yabyemerera—umwimerere wo gukora ibikorwa byo guhuza amaboko hejuru, umusaruro uguhitamo gutuma amaboko agerageka, igice cy'indirimbo gitanga amahirwe yo kwihagarara. Amaboko atangira kugereraho ubwo se muzika yabyemerera birashimishijwe. Amaboko agenda agaruka buri kanya bigaragara ko ari mu murimo.
Ibyagaragazwa, umuntu ashobora gukora ibyotsinza by'amaso cyangwa gutera amaboko ku mutwe.	Uburyo bw'inyegera z'umunwa byihuse kandi zirenzeho ni ibisobanuro by'uko umuntu areba uko ashobora kwerekeza ku uryariye, ariko atabishoboye. Umutwe urashyirwa aho umubiri ushobora kuba urimo gukorera.	One deliberate nod per phrase — not per beat. The head move is a phrase-level punctuation, not a beat-level response. Let the body carry the beat. Let the head punctuate the phrase.
Ibyiciro by'ibyumviro - gukora ingendo z'amaguru bigereranywa mu gihe utangira ku masozi atandukayo, amaguru akorera hafi y'umubiri, ndetse n'imigogoro itakora.	Iyo umubiri utagira ingufu zivuye ku biganza, imyanya y’imikundiro isa n'iy'umuntu udashobora gutwara ibintu kuko ari uko atabishoboye. Amasigara agenda, ariko umubiri ntuyirebe. Ibi biva kuri "filime y'urukundo ya MTV" yo mu myaka ishize—iyi filime irebura imyanya y’imikundiro itagashobotse kugira ngo igendere neza n'indirimbo.	Igihe umutwe wa ibumoso ufatanywa, igiciro cyose gihamwa kuri wo. Ibihogo bishobora kubera ko amayeri y'umubiri bisaba iyo mvugo ubwo igiciro cyahambayeho. Uburyo bw'inyogoshyo bugiye kuba umuvugo wa kabiri.
Ibirinze - gufata amashusho	Kugira uko dufate icyemeza, nkuko byavuzwe mu Ibigize	Igifoto kimwe gusa, yifotorewe ukurenga umwanya munini

n'akarasanya, ukagira akarasanya mu rwego rwa maso maze ugufatira amashusho umunyamuziki (DJ) iminsi myinshi.	ibivugo 4. Ikibazo cyongeye: telefoni yifashishijwe ku rwego rwa amaso ituma umuntu atabonekeka, kuko itangaza igiso ya ruhanga no gushyira imikono ye. Uwo muntu aba yaratakaye inyuma y'iskrini mu ruganda rufite uruhare rwo guhagararaho.	cyangwa ukurenga ibubobyo (foto nziza kandi itangaje), hanyuma ufunge telefone maze uyishyire mu ishati.
Uburyo bwo guhagarara uko ugiye gutangira - kuguma aho utagende, ukomeza gusinzira hagati y'aho abantu bari bacumbikiwe, usobanura ko uri gushakisha icyo ugomba gukora mbere yo gutangira kuryamama.	Igihe cyo gushakira ibisubizo ku ruganda, hashyiraho umwanya wo guhita usobanura icyo ushaka. Igihe cyo gushakira ibisubizo hagati y'uruganda, bishobora kugaragaza kutamenya neza uko byagenda. Byatuma abantu basuzumye "ibice byifashijwe" - umwanzuro ushobora gufata.	Sinzaniye ku ruhande, hanyuma usuzume. Tembereze ukurikije urumero rwa muzika uvuye ku ruhande. Injira ku kiraro ugiye neza. Iyo uhinduka ukava ku ruhande ujya ku kiraro, biba nk'icyeme - yinjire ugitwaye umuziki.

5.2 — Ibyo ushobora kuvuga ko bidakwiza ariko bigihaye.

- Gukora amarushanwa wenyine mu cyumba chawe: bidatanga amakuru y'ibintu bibi. Birebana nk'aho byaba biteganyijwe.
- Amakuru y'amaso afunze: ntibigaragaza ikintu cyimburura. Yagaragaye akurikije umuziki - kandi byaba bikweli.
- Imyugurire micye, igororerwa: ntibyongere umuntu nabi iyo zikozwe mu buryo bumwe kandi buhuriye. Umuntu ukora ibyo gukina by'umutuzo bigeze saa tatu ashobora kureba nk'uko yishimanye kurusha umuntu ukora imyugurire itandukanye cyane mu minota mirongo ine gusa.
- Ntabwo nzi amagambo yose muri iyi ndirimbo: iri mu muziki wa elektroni. Aha hose, nta magambo.
- Kwibonera uko ushobora kugenda bitandukanye n'abandi: si ikosa. Uburyo umuntu yitwara ku muziki bwa buri wese ni bw’umwihariko. Umuntu utanga icyizere kuri "hi-hat" abandi bakoresha "kick" atari we ukomeye - ahubwo yarabonye ibindi byiciro.
- Uruhumyi: nta kibazo. Ubona nk'uko wari wariko uririmba.

5.3 — Iyo Mvugo Imwe Ituma Byose Kugenda Neza.

✦ IBONAMURO — SHYIRA IMIBARAGA. Uruviko hagati y'umuntu ushobora kuvuga ko arimo gukina no umuntu utavuga ko arimo gukina si nk'uko bigaragara, ahubwo ni uko ibyo akorera byuzuye cyangwa bidahagije.

Umuryango mubi ukorera neza uhita umusaruro kurwego runaka, kuko urushaho kugira abantu bafite gahunda. Ibi ni "tango principle" mu magambo make. Umuntu ushaka gukora igikoresho cy'umupilote (tango) akoresha imyanya y’ibice bitandatu bya mbere, agashyira ibindi bice byose ku murongo kandi afite gahunda, akaba arushaho kugenda neza kurusha umuntu ushaka gukora ibikoresho cumi na bumwe, atangaza imyanya y’ibice bitandatu, kandi abanza kureba niba koko ari we ufite ubwenge bwo kuba yakwifashisha.

Ibyo ushaka gukora, genda ubigikora neza. Uze ukabigeraho. Ubuheje bw'akazi bukwiye kuba buvuye kuri byo. Iyo uhangayitse hagati y'ibikorwa, ariya mafoto yawe yo mu mutima bayirimo - si muri ibikorwa byawe.

Icyiciro cya 6 — Umwirongo w'imyitozo: Gukora amarushanwa ni imyitozo niba uyikora neza.

IGIHUZAMU - Umubiri ukora imyitozo y'amaguru ku musumurizo wa 145 BPM (beats per minute) iminota itatu, urimo gukora ibintu. Ese waba uzi icyo?

Umushingira w'ubugenge bw'umuvandimana (Recovery Kernel) usobanura ko imyitozo myiza ituma umubiri ukora buri gihe ni kimwe mu byingenzi cyane bitagombwa gukoresha imidende. Ibi bishyiraho ingero z’ibintu nk'ubwa BDNF, dopamine, na endocannabinoid (anandamide). Umwitozo w'amasaha atatu mu gitaramo cya techno – niba umubiri ukorera neza ahubwo ntukirengagije telefone – ushobora kugera ku cyiciro gikomeye cyo gukora imyitozo itanga ibyiza. Icyo twibaza ni iyi mvugo: iyindi myitozo ifite ingaruka ze zikubiyeho?

Move	Amashyirahamwe y'amahembe ashyizwa mubikorwa.	Ubukiragizi bw'umuvuduko w'amara.	Imimerere y'ubuzima.
The Bounce (ibyafunze).	Amagufu, amabuno, na migeri (gukora imyitozo y'inyuma mu gihe amaguru aratuka). Imyato y'amaguru, ukoresha igiciro.	Ebyohererezo byoroshye – bishobora gukomeza igihe kirekire. Byibanze ku myemerere cyane kurusha iby'umwihano.	Gukorera neza kw'amashene ya endocannabinoid binyura ku mvuga yihuse kandi irekomeye. Ibyo bituma igice cyitwa BDNF gitangira nyuma y'amaminuti agera kuri 20 yo gukora imyitozo iteye ishusho kandi irekomeye.
Ibihebyeri bibiri (guhindura iby'amahoro).	Amagufu (umushinga mukuru - buri igihe ujya gukora imyitozo, umugufu wo ku ruhande rwawe urashinzura), amaboko agereranyije ibirenge, amagufu make, no guhuza intoki z'amarema.	Burebure buvuye ku bwinshi kugeza ku burebure buhagarije - kandi byoroshye, bishobora guhinduka bitewe n'ubushake bw'igiciro cyo gutwara na vuba.	Imyitozo yo gushimira imikuno. Kuguruka kw'umubiri ku mpande, bigaragaza ko bifite ireme nk'imyitozo y'gusanduka mu buryo bw'ibanga - umwanzuro wo kugaragara ibice bya gatifu na gato. Gukina dansi yo mu cyumba (club dancing) nshobora

			kuba imyitozo yo gushimira imikuno.
The Stomp (intekamereye).	Amagufi (kwihanganira impungye), amabere (ubushobozi bwo kugera hasi), imyanya y'inyuma ya mashya (guhwitura ibindi), umusatsi w'umutwe (ibiciro byo gukora), amasengesho.	Kugera ku mwanya hagati no hejuru, ukagira ibaraporo birenga 140. - Kuguruka mu muzinga w'umwihano (hard techno) ni imyitozo y'ubwoherezwa butunganye.	Ku ijoroheyeze k'amagera ya 150 BPM: umwihano ufite imikorere nk'iyo yubamo mu cyumba cyo gukora imyitozo (step class) kuva ku bwinshi bw'amaraso. Ikibazo cy'umwijuki mu masozi (Akarindwi B k'inyandiko zonyuzwa) gisobohowe hagati, kuko amasozi no guhagarika imyanya y'amaguru bigira akazi nyabona. Ibirungo bya mineral biba ngombwa.
Ibice by'umubiri bisanduka (uvuga ibanga no kwirukira imyanya y'ibere).	Amabuno y'urutuma, imyanya ya burundu (gukoresha ubushake mu kuguruka), amabuno agereranyije (gusubira no gukora ibindi birimo guhindura), imyanya yo mu mashani.	Nini - ariko gukora imyitozo y'inyubaha.	Ubwimeza bw'amabere. Abantu bagenda bamenyurwa cyane mu mahanga bigaragaza ko bashobora kugira ubwimeza buhagaze neza mu mabere kurusha abandi batagendera uko. Uburyo bugenewe gutinyura ni uburorore bw'amabere, bukorerwa ku buryo butunganye kandi hagati ya buri segment – bishobora kwirebana n'imikundiro yo mu yoga yitwaga "cat-cow", ariko bigakorwe ku musumurizo wa 128 BPM.
Amaboko hejuru (kwigaragaza no gukora imyitozo	Deltoïdes (imbere na buri), trapezius (ibubyi),	Umutungande - ariko gukora imyitozo y'ubuzima	Umuntu ufite amaboko yuzutse mu minota itanu

y'amaboko hejuru mu gihe byoroshye).	abagumyeho b'amaboko (rotator cuff).	yo gufata umwuka.	arimo gukora imyitozo y'ubushyuhe burambuye ku maso (deltoid). Si icyangombwa. Ibyo nabyo bisobanura kuki igihe cyo guhagarika umwanya nyuma y'igihe kinini cyo kuba ufite amaboko yuzutse bitanga ubwumvikane – kuko amasongo arimo kugira ibibazo.
Ubworoherane (bigezeho).	Core (imyunyu - intambwe z'imbere zigenera buri mwiteguro kwiyubaka kandi bigomba gukorwa neza n'amahembe agereranyije mu ndimi), imyanya y'ibirenge, na erector spinae.	Gukora imyitozo y'amaso ibereyeho, ariko itagera ku mwanya w'amajwi.	Uburyo bwo guhagarara uko mu Berghain, ukurikije umubiri wakoze imyitozo y'imikoresho y'umukaya. Ubushyuhe buvuka mu isoko ryo hasi nyuma y'amasaha mareme yo guca amakarita ya techno bishobora kuba byaheruka ku myitozo itangaza y'umusatsi wakoze, ntibiba gusa kubera gutwara.

6.1 — Kalori zivumburwa n'uburyo bwo kuramba.

Dancing style and venue context	Kalori zivumburwa mu isaha imwe.	Equivalent exercise
Gukora ibikorwa birimo gukurura telefone, no kugira ukorera amagambo make (ibyo byaba ari ibisanzwe ku bantu benshi baza muri festival).	80–120 kalori/isaha — ekimara nk'aho umuntu yiraye.	Kuryama. Nta imyitozo.

Ibinyifuzo bitanga umukundanisha kwinshi, muzika ya house.	250–350 kalori/isaha.	Ibyo gutanga umuvuduko. Igitungo cy'ubuzima.
Full bounce with two-step, techno 130–145 BPM	350–450 kalori/isaha.	Gukora imyitozo y'amaguru ku musokozi, ukoresha ireme rimwe. Ni umwiharuro mwiza w'ubuzima bw'umva.
Full stomp ya hard techno, ifite ibimiro bya 145–160 BPM.	450–600 kalori/isaha.	Amahugurwa y'imikundiro, kugendera ukoza. Imivugo myinshi ituma umubiri ukora imirimo ikomeye.
Gukoresha umubiri wose — ibyumba by'umubiri, gushyira amaboko hejuru, guhagarara, no gukora imigendo.	500-700 kalori/isaha.	Gukora imyitozo y'ubuzima ya HIIT (High-Intensity Interval Training) ku buryo bwo gukora ibintu bigoranye. Iyo abantu bakinnye cyangwa bagize amahirwe mu birori by'imikundiro, bavanga amacalori atari yo bari biteze, kandi ni ukuri ko gufasha umubiri n'ibindi bituma umwihuzi utazayitwa.

Ibyo bitumvikana byerekeye ibyayoza bishobora kubivuga: kuki umubiri utangira gufunga, kuki ibyozi ntibigaragara, kandi kuki ikintu cyakudya gihindura icyorezo. Umubiri ukoresha 500 calorie ku isaha imyaka ine, ni nk'uko akoresheje 2000 calorie. Ibirungo bya hotdog usanzwe ushaka kugura ntibishobora guhuza na none. Reba umwirongo wiyandikwa (Addendum) mu gitabo cyo kwiga ibyayoza, aho ushobora kubona ibisobanuro birambuye ku mikundizo.

Ingero ya 7 - Ubwumvikanye: Turi abafite ubumwe kandi byiza.

I CENUTURIYEN - Umuntu ufite umubiri mwiza ushobora kuba atari icyangombwa cy'inyongera. Ahubwo, ashobora kuba ari bumwe mu bimenyetso by’umwirikaguro w’informasiyo.

Ibirori by'imikundiro ni umwanda wo guhura n'abantu. Byari atyo kera. Ibirori bya mbere byo mu mujyi wa Chicago byitwa "house clubs" ndetse n'ibitaramo bya New York bitwaga "voguing balls" byari ahantu hifashishijwe kuririmba no gukina, kandi hariho imikundiro. Ibirori bya techno byabera mu mujyi wa Berlin bifite umutobe ndetse abantu batagaragara neza, kuko biba biteguye kugira ngo hagabanuke uburyo bw'imikundiro y'ibintu byumvikanwa—ariko kandi ntibubujije ko hariho imikundiro, ahubwo ibyavugwa ni icyaba gikenewe (ubwenge bw'umusanzu, ubushobozi bwo kwitwara neza, uburyo bwo guhuza amakuru).

Gushyira ahagaragara ko nta cyabura mu buryo umuntu yifashisha kugira ngo abashe gukora neza, bituma icyo gihe ntikagendere ku by'uruhare rw'umubano. Gusobanura ibyo by’uruhare rw’umubano bigatuma icyo kintu kikaba ifunguzo.

Iburimvikirwa ry'ukuri.	Ibigakorwa bifitanye uko byangiza ibindi.	Bitegwa uko umuhanga w'ubuzima abasha gukoresha uburyo bwo guhuza ibimenyetso by’umuntu no kurwanya indwara.
Abantu bafatanya ku ruganda rwo kuramba, baganira kuri buri wese. Uburyo umuntu asa, uburyo aririmba, n'ibindi byose birashobora kugaragaza uko umuntu yumva ahagurukiye - ibyo byose bigaragazwa mu buryo bw'umubano. Ibi si ikintu cy'indwara. Ni icyo gihura abantu bakiri hamwe mu mwanya wo guhura.	Ubwumena bwa MDMA butuma umuntu gukora oxytocin, kandi ubwinyagazi butuma amashyirahamwe ya corticolimbic kugabanuka, byombi bikorera ku buryo bw'inyandiko mu gutuma umuntu atabona ibintu nk'ibiza. Iburangamwaro ry'umuntu rituma umuntu agira ubwoba, kandi uburyo bwo gukora ibintu butuma ubu burangamwaro bugabanuka. Ni muri iyi mpamvu yatumye byaba byiza gufata izi mvura mu birori by'imiganaga.	Ubwimeza mu kuririmba bushobora guhindura uburyo umuntu abona irushanwa, kuko bumva ko ari icyo gukemura ahubwo akaba ari icyo kwitabira. Umuntu ufite ubwimeza bwinshi mu kuririmba atazajya arushana agahunga – ahubwo azatanga umugambi ku myemerere n'imikorere y'aho abantu bari. Ibihe by'umunota byiyongera igihe abantu bakora neza.
Ibyo bintu byatunguranya: hari uburyo bunini bw'ubujinya bugera hagati y'ibice, mu gihe umushinga	Iyi poroteyine irengera umuntu ku mimerere y'uburindi, kuko irenga ingufu z'imimerere yo mu	Gukorera imibonano y'umubiri n'indirimbo burundu biratuma ubu bumvikanyeho bwose

utari kugenda neza, cyangwa se ujya kwirebera muzika cyangwa undi muntu. Ubu bujinya butuma abantu bumva bibabaje kandi biba iby’umutekano w’umwe n’undi ubwo abandi babonwa ko bari gukora neza.	mutwe. Uburindi bushoboka, ariko ntibushinzwe cyane. Ibi ni inshingano nyakuri za "social substances" (ibyerekwa), ariko kandi ni nawo mwanya udutambara duhabwa, nta nkingi zikoreshejwe.	butazongorwa. Ni by'ingenzi kwihangana ko ntawe ushobora kuba umuntu utinya cyangwa udasobanutse ubwo ari bwo bwose yumva indirimbo akoresha imibonano y'umubiri. Umubiri ufashijwe n'uririmbo ntushobora kuba umuntu utinya cyangwa udasobanutse. Ibi ni icyiciro cy'imibonano y'umubiri ku buryo bw'ikinyabuzazi, kandi biba byatuma ubu bumvikanyeho butazongorwa.

7.1 — Umwanzuro wo guhimbaza no gusubiza: Uburyo bwo gukora amarushanwa ya dansi bidufatire nk'ibintu bibabaje.

Ubwumwe bw'abantu ku ruganda rwo kuramba bufite ururimi rw'ibikorwa byo kwitondera. Gusoma kandi gukora muri uwo mwumvire:

- Kwibonana: by'umwiharuro, uburyo bwiza, hanyuma usubira ku ngoma. Ntihagombwa kuba ukureba umuntu buri kanya, kandi ntihagombwa na ko kwirinda kureba abandi. Igihe cy'amasegongo hagati y'abantu bari mu ruganda rwo kuramba, aho bombi barimo gukora ibikorwa byo kuramba – kikaba igihe gishoboramo kuba amasegundo make - ni umwiharuro ukomeye wumvikana neza mu buryo bwo kwiganiriza ku ndege y'uruganda rwo kuramba.
- Kugira uburyo umuntu atangire gutanga imyanya y'umubiri ye mu buryo bumwe n'undi muntu uri hafi, ni icyiciro cy'imikundiro yo mu buzima bw'abantu. Ibi bintu bibaye kandi bombi babizi, bigira uruhare runini mu guha abantu ibyishimo by'ubuzima bwiteka. Ntawe ushobora kubwira undi ko akwiye gutanga imyanya y'umubiri ye. Ibi biva ku kuba uri hafi kandi ukurikije amamagane y'indirimbo.
- Mu byiciro aho kurangira ndirimbo bifatwa nk'ikintu cyiza, uburyo bwo kwirega umuntu ni uko bitagomba kuba mu magambo. Uruhare ruto rw'umubiri ukazana umuntu, guhinduka kwinshi kugira ngo hagereho icyumba ku ruhande rumwe, no gukora isanamu yihariye mu gihe hari indirimbo irimo - biba ari ibitekerezo. Iburiro ni ukwigwizaho cyangwa uguhindura umubiri utazigera ukazana. Zombi ziba ari uburyo bw'isanamu buhagije kandi butunganye.
- Umukonjo: Igihe hakigaragara umwanya mu itsinda cyangwa abantu batangira gutegura umukonjo, umukonjo ni uburyo bwo kwirebera. Kwagira muri uwo mukonjo bisobanuye ko buri wese uri aho azakureba. Ntabyo bitari ikimenyetso – ni nk'uburyo bw'urugi rwo gukora amarushanwa, aho umuntu

yifashisha microphone. Winjira mu mukonjo niba witeguye kugira icyo ukorera buri wese. Ntuzatanga ibintu by’ibidasanzwe. Ukeneye gukorera ikintu cyuzuye.

SECTION 8: UBUHANE

*** Iburiri: Umubiri utanga amaraso.**
*** Ubuhane: Gusaba umuntu ko akugira inama cyangwa akagufasha mu buryo butunganye.**
*** Amasanamu y'ubuhane:**
*** Gutegura ibyo ushaka kuvuga.**
*** Gushakira amabwiriza yo gukoresha.**
*** Gusobanurira umuntu icyo ukeneye.**

SECTION 9: AMATEGEKO

*** Itegeko rya mbere: Utiye intebe, urashobora guhagarikwa.**
*** Itegeko rya kabiri: Ushaka gukoresha ibintu by'abandi, usaba umvuzuro.**
*** Itegeko rya gatatu: Ukorera ikosa, ubyitirira.**

[Iyi gahunda itanga amakuru yo kwigisha ku bijyanye n'ubuzima.]

Ibuye by'imigendo y'ibanze.

Electric Slide · Running Man · Roger Rabbit · The Spin · The Train · Russian Doll · N'ibindi byose.

Dance Entropy · Ibiro by'ubuziranenge · Umurimo wo gufasha abaguye.

Iburanga buri gihe bwagize umwihariko. Umwihariko buri wese uracyariho.

Uwo muntu washize imyaka irenga iyo ufite kuguruka afite ibintu by'ingenzi ashobora kukurema. Reba, ushake kumenya.

Icyiciro cya 8 - Ibiranga by'imigendo y'ibanze.

THE CENTURION — Imihuza iyi zagiye gukora kandi zigaragaza ko zifite ubushake. Zibamenyere.

Umwe mu marira y'iyi myiyerekano ni umugongo w'umuzinga. Yavumbuwe n'umuryango runaka, mu buryo bwo kuririmba bumwe, kugira ngo asobanure ibintu byatsembaga kuvuga amagambo. "Running Man" yavuye mu gihe cy'imikundiro y'ubugwiza, aho abantu bakurikirana. "Electric Slide" ni umukanduko waturutse ku misarane yo muri Karayibe. "Roger Rabbit" yavuye mu minsi ya none mu muzika wa Afurika Yabuja. Kumenya iyi mvugo bisobanura kumenya urwibutso rwayo, kandi n'ubwo uyikora mu cyumba cy'umutima, ukiririmba ibihumbi bibiri na ijana bya BPM.

Umwe mu byiciro bikurikira urimo: igihe cyo gukora umunota (step pattern), ibimiro by'amajwi (BPM range) aho birashoborwa, uburyo bw'indirimbo (genre) yagurukaho, kandi n'ibintu bituma umuntu abona ko ari byiza vs. ibintu bituma umuntu abona ko bidatanga ubwiza.

8.1 — Itorero no Gukora Imirimo Hamwe.

Iyi mvugo zigenera abantu babiri ku buryo buhoraho, kandi zikora neza cyane mu itsinda. Ni ibintu bifasha guhuza abantu ku musozo w'urwibutso - ni imyitozo itanga umunegeho ahubwo aho kugerageza kugaragaza impano.

Ibyo bitangaza.

Electric Slide - Marcia Griffiths, 1976. Iyi ndirimbo yaje kuba umuzingo mu mahanga no muri ibikorwa by'imikundiro kuva mu myaka ya 1980 kugeza mu myaka ya 1990.

Ingero z'amabara.	Amatora.	Nta kigomba gushyirwa hano.
Phase 1 — KW'UMWE: Shinjira umutwe w’umusefu	Igihe gihagaze hagati ya 90 na 120 BPM. Iri ndirimbo	Ibiranga by'umuvuduko bisobanura ko uwo murongo

uruhongereye. Shyira umutwe wa burundu kugera kuri wo. Shinjira umutwe w’umusefu uruhongereye igena. Minyagura umutwe wa burundu ufunze umutwe wa muste (ntukoreshe imvuduko). Ibi ni ibigo bine, ujya ku masefu. Phase 2 — KW'IBURUNDU: Shyira inyuma. Shinjira umutwe wa burundu uruhongereye. Shyira umutwe wa muste kugera kuri wo. Shinjira umutwe wa burundu igena. Minyagura umutwe wa muste ufunze umutwe wa burundu. Ibi ni ibigo bine, ujya ku bburundu. Phase 3 — INYUMA: Shyira umutwe w’umusefu inyuma. Shyira umutwe wa burundu inyuma. Shyira umutwe w’umusefu inyuma igena. Minyagura kandi utampe umutwe wa burundu ufunze umutwe wa muste. Ibi ni ibigo bine, ujya inyuma. Phase 4 — KW'ISOKO: Shyira umutwe wa burundu imbere maze ukora isoko rya kimwe kugera ku rukubu (uyu mugabo aratekereza). Ubwumwe, iyi ni impamvu y'uko ibiragiro by'amakorali bikora - buri wese areba mu murongo umwe kandi bakora umurage hamwe.	"Electric Slide" ifasha mu ndirimbo z'indirimbo zinyuranye, harimo izo muri R&B, pop, n'izindi. Uburyo bwo kuyitera buri mu buryo butuma irangwa neza mu ndirimbo zitandukanye kuko igihe cyayo ni gikubiye.	si ingingo, ahubwo ni ibiranga byo gukora umuvuduko. Ibiganza bigomba kugenda ku isoko - hakwiye kuba igisigisho cy'umushinga. Niba amaguru yawe ari kuyoga no kujya hejuru, urimo gukorera umuvuduko utanduye. Gufunga amaguru hafi y'isoko. Gusubira mu mwanya ku ntangiriro y'ibyici byose ni ibiranga byumvikana - ntukongere gutwara.

Uburyo bwo gukora: Abantu bose bajya mu rwego rimwe, bigize amananga. Ubushake bw'umwanzuro "Electric Slide" ni ubusobanuro buhagaragazwa - abantu bose batangira kwireka kimwe, biga hamwe, bakomereza ku murongo, bagasubira inyuma bahanganye n'ukuta kundi. Kugira ngo ujye mu rwego, wifashe ku kiboko cy'umunaga, ushatire umuntu uri uwo ari we kugirango ubone ibyo akora iminota kimwe, hanyuma urongore kuri iyo mvugo ikurikira. Nta buryo bwa nyabubasha bukeretse ko ugomba kwiyandikisha. Urakaye ukajya mu rwego.

Umwiroro / Gukora ibintu mu buryo buza amaguru.

Umwanzuro/umugongo, umushinga usanzwe mu myaka myinshi.

Abantu babiri cyangwa benshi, buri umwe akoresha amaboko yombi ku maso ya we uri imbere ye. Uwo uri imbere ni we uyobora inzira. Abandi bose bakurikiye. Iyo mvugo (groove) ni ukwihutisha no gukomera bigobotse mu itsinda, kandi byerekanwa mu buryo bw'umwihariko. Ubwo umuntu uri imbere yihutiye agasubira inyuma, uru ruzima rugera ku bandi bose. Itsinda ribikora nk'umutungo umwe.

- Gukorerera ku masozi, ntaho ku buryoherere – gushyira ibiganza ku masozi bisanzwe kandi bigorana. Kugirana na buryoherere bishobora kuba icyorezo. Gufatanya ku bitandukanye ni icyifuzo cy'ubuzimungu. Masozi ari mu rwego rwo kwihanganisha.
- Umwatsi ni muke – uruhare, ntukigaragaza ko uri kumvugiza. Amaboko yakurikira amashyirahamwe uko ayagenda ahinduka, aho kuyatanga inzindi.
- Umuyobozi yitwara umwenda: atambuka mbere, akurikirana iburimvu, agakora imyitozo mu bantu. Umwenda mwiza udahita ukurikira uruhande rumwe— urakongoka, urahindukira inyuma, kandi uratangaza buri ntangaro y'aho. Nk'umupilote w'abantu, ariko ukompanyijwe cyane kandi ufite umwanzuro.
- Umwihano mu modoka yongera: umuntu wese abona iby’umuntu uri inyuma ye. Kugira uburyo bwo gukora imigirire hamwe mu itsinda bitanga ingaruka – umubiri wa buri muntu ushobora kwakira rhythm ya mugenzi we, kandi akaba ashobora kuyongera ayihererereho.

Iyi ndirimbo ifatwa neza hagati ya 110 na 130 BPM. Iyo yoroshye cyane mu muziki wa house n'umuziki wa R&B. Ishobora gukoreshwa mu gihe cyo gutanga umwanzuro ku mvugo z’indirimbo, kandi ushobora kuyihindura mu mvugo z’izindi ndirimbo aho ushaka kugira ngo abantu bakomeze kwiruka hamwe.

Ibirungo by'ibitambiko.

Russian Doll / Umwiharuro w'ibintu byubatswe mu buryo bwa "matryoshka".
Ubwese bw'abantu (LGBT+) n'ahaho hwo gukomera no kwizihiza.

Abantu babiri (cyangwa abagera kuri batatu cyangwa benshi), bafashijwe mu buryo ko umuntu utwaye akomeza umunsi umwiza umuntu utwaye, amaboko y’umuntu utwaye agendereho ku buriri cyangwa ku maso ya nyuma y'umuntu atwaye, bombi bigaragaza imyimba byombi bigaragazwa. Nk'ibigwagwa bya Matryoshka - umwe uri mu wundi, bifite ireme rimwe, ariko bigaragara bitandukanye, bigenda hamwe.

- Umuntu uri kumbuga (uri inyuma) agomba guhindura uko agenda kugira ngo ahangane n'imikorere y'umuntu uri imbere - ntukwirinde gutanga icyitonderwa ukurikije aho uri. Soma ibyo umuntu uri imbere akora kandi uhangane na byo. Nyuma, hanyuranye hongera umane. Umuntu uri imbere azabyumva maze azajya yiyegura.
- Umwanya w'amaboko: Amafoto agereraho hashyirwa inyuma, nta kugira icyo gukorera. Gusobana ni uguha umuntu uwo mwanya, ntikubangike. Umuntu ashobora kujya mu buryo bwe neza muri uru rugendo - iki ni umwitozi w'urwenegero, ntikubeho kugabibwaho.
- Iyo ntambwe yongera umubiri utuma abantu batandukana mu burebure: ifatwa neza cyane iyo hari uko umuntu atandukanye n'undi mu burebure. Uburyo bwo gushyira hamwe ni icy’ukuri - umuntu munsi aragaragara nk'uyubatse mu mugongo w'umunini.
- Ibiranga bya Rusiya bishobora kwaguka: umuntu wa gatatu ashobora kujya inyuma ya we, amufashe mu buryo bumwe. Uburyo bwo gukomera bushobora kugira abantu batatu cyangwa bane, kandi by'umwihariko igihe hari ibirori. Icyo gihe, birushaho kuba nk'imodoka.

Igihe biba: Buhita mu minota y'umunezero mwinshi hagati y'abantu. Bushobora gutangizwa no gushyira intoki ku maboko ya kimwe cya kirenga wowe, ubwo umuntu ari mu ndirimbo ituma abantu bumvikanisha – niba uwo muntu ahinduka hanyuma ntayagende imbere, ni "Russian Doll". Niba uwo muntu agenda imbere, atishimiye iyo ngingo. Ibi byombi bihererekanywe neza.

Masajwi y'amaguru no ku maso.

Ibirori bya "Grope the Shoulders" n'ahantu haterana hamwe - bisanzwa mu cyumba cy'abantu benshi.

Nta cyo ushobora kuvuga. Mu myinyamuryango, iki gice gitumvikana nk'imwe mu mvugo z’abantu benshi aho umugabane cyangwa itsinda ritangira guhamya ndetse no gutera uwari ushatse ku mabere make cyangwa kumusiga mu buryo bw'umuzinga. Abantu bose bahamwa kandi bakora ibyo byo mwese.

- Marara mu isiganjano cyangwa umurongo. Umutwe wa buri wese ukurikije umutwe w'uwari ushatse. Umutwaro udasanzweho urondere umutwe w'umuntu uri iburundi akubiye. Ubu buryo bw'umutwaro bugendere ku mutwe w'umuntu uri mu gice cy'ibiri. Ubu ni igihe cyo kwitwara neza. Igihe umuziki urushaho, buri wese atangira gutera umubiri wa nyuma agakora ibyago byoroshye. Shyiraho. Gukora ibyago ku mugore utandatu.
- Ubwumwe bw'ubugereraho n'uguhirwa butuma umuntu yumva ko ari mu itsinda – uri kandi umufasha no ugurishwa mu gihe kimwe. Iyi ni imwe muri byo bitandukanye by'imiganaga ivuga ku buryo buvugisha uburyo bw'ubutwari hagati y'abantu, kuko ubwo buryo bwa mvanga bugaragaza ko buri wese afite uruhare.

- Ibyo bisiganwa by'amaguru bigomba kuba ku nshuro ya 1 na 3, cyangwa ku gihe kigari cy'indirimbo. Byagombaga gukorwa neza, buri kimwe kikaba gifite umwihariko, kandi indege yayo ikigaragara.
- "Umugongo w'umuntu": Bamwe bakoresha iyi ngingo nk'inyongera y'imikundiro yo gushatira – umunwa umwe ufatanya ku mugogoro w'undi muntu uri hafi, umubiri ushanduka hamwe n'indirimbo, kandi umunwa uruhutse urushaho gukora hamwe n'umubiri. Iyi mikundiro itifuziye kuba nk'iyo mu conga, itaratanzwamo amategeko menshi nk'iyo mu "train", kandi ifite ishusho y'ubwami ukomeye kurusha iyo yo ku murongo.

8.2 — Ibyiciro by'imyaka ya 1980.

Iyi mikorere yaturutse ku byiciro bitandukanye: kwiyuka kwa filime z'indirimbo, umuco w'imikundiro, ubuhanga bwa "New Wave" n'ubwo wa hip-hop mu myaka ya mbere, no kuzamuka k'umupira. Iyi mikorere yigaragaza mu byiciro by'ubucuruzi bw'amafoto. Muri iyo mikorere, igihe ushyiraho, ugerageza kugeraho icyo cyaba.

Move	Ingero z'amabara.	Aho yaturiye / igihe.	BPM / uko umuziki uririmba.
Umugenzi.	Ibyo ni uko bikorwa. Mirireho umwanya hagati y'amaguru. Sogokora agakuma ka buri gato, ukagira agatwi gake gato k'umuguru ku mupira, maze ukarukuraheje mu ishati, kandi igice cy'amaboko yawe kiri ahagaragara. Mu gihe kimwe: shinjira umuguru wawe, hanyuma urukume rwawe rugendere inyuma, nuko agatwi kawe kagera ku mpira, kandi igice cy'amaboko yawe kiri ahagaragara. Ibyo ushobora kubona: uri gukora nk'umunyezamu, ariko ntukinjira urwego runaka. Ikintu gikomeye ni ukuruka agatwi kawe buri nshuro – nta ko uruka agatwi kawe, biba birimo kugendera mu buryo bumwe. Nta ko uruka agatwi kawe: biba birimo "Running Man".	Yagiye kwigarurira umwanya, hagati y'imyaka ya 1988 na 1990, agashyizwa mu majwi n'abahanzi nk'MC Hammer na Bobby Brown. Uburyo bwo gukora imyitozo y'umubiri by'inzitiramagaro (aerobics) bwagiye bukorwa muri iyo minsi, kandi byagaragara cyane mu buryo bwo gukorera iyi dansi. Iyi dansi yabaye ikimenyetso gikomeye cy'igihe, ndetse yagize uruhare runini mu mararibya (rave) yo mu Bwongereza.	90-120 BPM. Hip-hop, early house, pop. Igitambo cy'umunyezabibu mu muziki wa techno (130+), kigenda neza ariko bigora umubiri vuba – biba byiza ko bikoreshwa igihe gito, bidatanga imbaraga kuva kera.
Roger Rabbit	Shyira ibirenge byombi hamwe. Shyira umusefu wa burundu inyuma maze urushe amaguru y'ibiro (ukwiruka). Shya	Hip hop ya mu myaka ya nyuma y'ibiri ya za 1980. Yitwa maze ku izina ry'umukinoni wo muri karitone, kandi yigaragazaga ubwo	85-115 BPM. Hip-hop, R&B ya kera. "The Roger Rabbit" ni umwanzuro ushobora

	inyuma ku muguru w'ubiro. Shyira umusefu wa burundu inyuma igena (ukwicuraho). Shyira umusefu wa burundu imbere kugira ngo ufatane n'umusefu w'ubiro. Ibyiciro by’imigaragaro ni ukwiruka, kwicuraho, no gushyana – umusefu urashyirwa inyuma ku kiraro ahubwo utangira gutanga.	umuntu agenda gutambuka. Yatangiye kwitabirwa cyane mu ma video y'indirimbo, hamwe na MC Hammer. Uburyo bwo gukora iyi dansi ni bumvanya kandi bugaragara nk'uburyo bw'umukinoni - iguzi ni kege, intambiro ni iyogosha, kandi uburyo umuntu agenda gutambuka naryo ni rwihariye.	gukoreshwa mu muziki wa hip-hop — kandi ushobora kuvumburwa nk'icyo gihe cyakanywe, ariko ushobora kubaho neza ubwo wariho igihe ukoranye neza.
I-Worm.	Sogizwa kugira ngo ujye ubona ibanga byose. Hanyuma, shushanya umubiri wanjye. 1. Shinjika ku buryo bwo gukora push-up. 2. Shyira imyotsi y'ibumara hashyiraho, hanyuma urusheho ukurikije intoki—urugendo ruzajya rukomera uvuye hejuru kugeza hasi. 3. Hanyuma, shushanya ibumara hanyuma ugerageze intoki—urugendo rujyanye inyuma. 4. Gukomeza kugenda ushushanya umubiri. "Uru rugendo ruzwi nka 'worm' ni urugendo rwose rukoresha imikaya y’umubiri, kandi rushobora gukorwa hose ku buryo bworoshye. Ibi bikurikiro byerekeranye: * Iyi mvugo itanga amabwiriza yo gushyira umwuka mu ngingo z'imikaya y'umubiri.	Umwimerere w'ubuzima bwa breakdance, mu myaka ya 70 z’amadarika no mu myaka ya 80. Umwe muri byo ni umuhanga ukomeye wo gukora ibikorwa ku isoko. Urarondorera kandi mu birori by'imiganano y'ubuzima, mu minota yo kwibuka, kandi buri gihe umuntu munyuma ya bagenzi be afite ubwoba bw’amashyirahamwe akunda kugira.	Tempo y'umwihano—umwihoraho utekereza ku gihe. Uvuze nk'amagambo, ntukivugire mu buryo buhumbye. Wubikore rimwe gusa, ubugenewe neza, hanyuma usubire kwerekeza.

	* Iyi mvugo itanga ibitekerezo ku buryo bwo kugenda ushushanya umubiri. * Iyi mvugo itanga ibisobanuro ku byo kwirinda. Ubwundi: Uru rugendo rukorwa hashyiraho. Ibihe by'amahirwe mu birori, aho hari abantu benshi, ntibiba ari ahantu heza cyane. Uru rugendo ruzwi nka 'worm' rurakoreshwa mu gihe gihagaze kandi ahandi hatumvikanye.		
Ibiribagazwa.	Gufatanya umuvuduko wa buri imwe mu myinota, ukoresheje igihe gito cyo guhagarara hagati y'imivugo. Ibyuma ntibigendere ku mvugura zibyihariye – ahubwo bigenderaho ku gihe gito cyo guhagarara hagati y'imyuguro. Buri itandukaro ni igihe gito cyo guhagarara, hanyuma ikizamuriro gitangira ukundi. Amaguru, amaboko, imyanya ya kirenge, amapanga, n'amashani byose bigenda nk'ibice bitandukanye bifite imyanya yo kugeraho, birimo ibice bishobora guhagarara.	Igihe cyo guhimbaza n'umuziki wa soul, hagati y'ibiciro bya za 1970. Iyi ngingo yakozwe na Michael Jackson mu butumire bwe bw'ibanze, hanyuma ikagera ku gihe cyo gukora ibiganiro (breakdance). "Robot" ni umwimerere w'imikundiro yose ya "locking" na "popping" yaje nyuma.	Igihe kirenga hagati ya tempo y'ibara na mid-tempo - ibarabara 80-110 BPM. Gihagaze neza cyane mu gihe cyo gukora pause cyangwa breakdown muzika. Ibyuma by’umwanda bigenda bishyira ahantu hatabamo amajwi (cyangwa hafi ya aho nta majwi) bigaragaza imbaraga zirenze uko.
Umwezi.	Mirireho umukoroni, amaguru yombi agendere ku butaka. Shyira igice cya buriri hagati maze usubize inyuma igice cy'umutwe wa buriri hanyuma ujye gukora	Michael Jackson, igitaramo cyo kuri televiziyo cya "Motown 25" mu mwaka wa 1983. Umwe muri byo byumvikirwa cyane mu mateka y'ubuhanggane.	88-912 BPM. Iyi muzika ni nziza cyane mu ndirimbo z'indemo, R&B, na soul. Kugira ugitwara umunwa (moonwalk) ni

	imikundizo ku buryo ugerageza kugera ku bwinshi bwaryo. Mu gihe kimwe, shingura igice cy'umutwe wa buriri ku butaka maze usubize inyuma igice cya buriri hanyuma ujye gukora imikundizo ku buryo ugerageza kugera ku bwinshi bwaryo. Ibi bikorwa bisaba: (1) igice cy'umutwe wa buriri gisubijwe inyuma kigomba kuba gifite umusatsi, (2) igice cy'umutwe wa buriri gishinzwe kigomba kuba gikora imikundizo ku buryo ugerageza kugera ku bwinshi bwaryo, (3) kwisubira kwa ibiro hagati y'amaguru bigomba kuba byoroshye kandi bidasanzwe. Moonwalk ya Michael Jackson igaragazwa cyane n'amaboko - imikundizo y'amaboko yakangurirwa kugendana n'ibyumba.	Yavuye ku buryo bwo gukina bwitwaga 'the backslide' bwari umupira wo mu mujyi, wabayeho mbere yaho Jackson wubahuza no guhindura uburyo bugera aho bumaze kugera n'uyu munsi.	ukoherereza. Ugitware rimwe gusa igihe cyo, kandi mu ndirimbo yo, bizakubwiye byinshi. Ariko, kugitwaramo buri kanya ushize ku rubyumba, bizatuma urimo gutanga ibiganiro.
Ubwogero bw'umwanzuro.	Ibyo mu buryo bw'umuhanuzi, koregrafiye y'amashusho ya "Men Without Hats" yo muri 1982 - imyanya myiza, amaboko agendere ku maboko cyangwa agashatse hejuru, uburyo bwo kugira ibice byinshi no gukora ibikorwa by’amaboko. Mu buryo busanzwe: icyo cyose gikurura ubushake, umuzinga, kandi uburyo butangaje bw'igihe cyo. - Gashira.	New Wave, 1982-1985. "The Safety Dance" ni igihe cy'indirimbo zifite umuziki utabyitayeho cyane kurusha techno. Ni icyiciro gikuru cyo kwiyumvisha ibyishimiro bitagira gahunda, byaje gukoreshwa mu muryango w'abantu batanga ibirori (rave culture) nyuma yaho.	120-140 BPM. Ibiryinyoma bya New Wave, synth-pop, n'indirimbo z'amajwi y'ikoranabugingo zifite umuco wa za 1980. Birashimwe kwihanganira ububasha butagendera ku bushobozi, ahubwo kuri gahunda. Ikintu cy'ingenzi ni ukwiyegura, ntibyo gukora ibikorwa by’umuhanga.

	- Shyanyisha amaboko. - Igihe cyo kureba ntikubanye n'uburyo bwo gukora ibikorwa. Ibi ni ubwiza nyakuri.		

8.3 — Ibyirori by'ibiciyeho ku myaka ya 1990.

Ibihe by'ibyumweru ya 90 byari igihe cy'imyaka kimwe gihindutse cyane mu mateka y'imikundiro yo muri Amerika. Hip-hop, R&B, n'umwiharuro w'ibanze w'amaklabu byose byari binyura imyitozi mishya kandi bigihe rimwe, kandi amashusho y'indirimbo yatumaga ayo myitozi mu isi hose mu minsi mike nyuma yo kujya hanze. Imyitozi myinshi muri iyi myitozi ifite ingingo z'inyandiko zijyanye n'Afurika na Karayibe, kandi iki gihe cy'ubucukumbuzi cyatume izo ngingo zigorwa - byakwiye gukurikizwa mu buryo bwumvikana ko aho yaturutse.

Move	Ingero z'amabara.	Origin / context	BPM / igihe cy'indirimbo.
Ibiryanya by'ibimera.	Mirongo ibirenge byawe, amaguru yegereke uko. Amaboko yombi mugendere imbere y'umubiri, bigenderemo mu gihe kimwe - cyangwa byombi bigenderemo - kuva hasi kugeza hejuru y'amaso. Amaboko agereraho kugerageza neza nk'uko umuntu agiragira ubushyuwa. Umubiri urondoga make n'amagero y'amaboko. Igihe cyo gukora iyi mvugo, umutwe ushobora kureba hejuru no hasi bigenderemo. Ni byo byose uvuze kandi biva neza igihe uyikora neza.	Hip hop yoherereye mu myaka ya vuba za 90, yagiye kwigarurira abantu nyuma yo gukundwa na Gucci Crew II (1987). Uwo muragiro yitirirwe uko umuntu agendaho amaboko, kuko bigaragara nk'aho ari mu gitumba cy'ibimera. Ni umwe muri byo by'imigano byari bimenyereye cyane mu gihe cyo. "Cabbage Patch" ni icy’ukuri—ntacyo ushobora gutanga kugira ngo ubigaruke.	85-115 BPM. Hip-hop, R&B ya kera. Igihe ushyira "The Cabbage Patch" mu ndirimbo, abantu bazabyumva nk'icyizere cy'igihe gishize. Ushyiremo igihe cyo kandi, abantu bazabyumvanya.
Ikarima.	Mihira y'amaguru agakomeza, umunwa w'amasho ugaragazwa. Shyiraho imigogoro maze uhindure uko zigenda – imigogoro igasanduka hanyuma ikongerwamo. Imiyogoji igatangira kuguruka no kuba inyuma,	Ibyamamaro by'indirimbo na dansi z'umwaka wa mbere w'ibiciro cya minani (90s) zivuye mu muzinga wa hip-hop n'uw'indirimbo za dancehall. Umunwahererekane ufite amoko anyuranye - uwo ushobora gukorwa	90-120 BPM. Hip-hop, dancehall, R&B. "The Butterfly" igera neza cyane ubwo umuntu aba afite ibice by'amaguru menshi kandi ari hafi y'umubiri - niba amaguru ari hafi cyane cyangwa amaguru

	nk'ibipapilyoni biguruka n'ubusoro. Iyi ni imyitozo y'amaguru ya "butterfly", ntihere kubyo byo mu maboko (imyitozo yo gukora "butterfly" mu maboko igaragazwa ahandi kandi ivuga ibintu bidakwiye). Uburyo bukomeza, umuntu aguruka no kuba inyuma y'imigogoro agakomera.	n'amaboko yagaragaye mu mararibiyerobiki, uwo ukorwa n'amaguru watangiye mu muzinga wa hip-hop na dancehall. Uwo ukorwa n'amaguru ni wo umwimerere kandi ni wo nyanzwe.	atangira gutembera mu buryo butunganye, icyo gikizamini gishobora kutemerwa.
Ibyamamare bya Humpty.	Igitangaza cy'itsinda Digital Underground, gishyizweho umuhanzi Shock G yitwaga Humpty Hump. Iyo ntambara: ni intambara iteye ishusho, igendere imbere, kandi ikoresha gato urunji, ifite amagambo agabanutse kandi atandukayo. Intambara ya Humpty irimo kwerekeza ku kuba umuntu yigaragaza nk'uwatamye bigihe cyose, ariko akorera ibintu byimbitse mu muziki. Ibyo bitangaje ni uko uburyo: imyitwarire "yadondotse" igaragazwa n'umwimerere, kandi ifite umwimerere uhusanzwe, kuko inyito zayo zigendere ku igeza.	1990, Digital Underground. Iyi ndirimbo yari imwe mu zicunguraga amasomo - indirimbo yihariye ivuga uko byakorwa. "The Humpty Dance" ni wo mwiteguro wateye inkeke ko kwitwara nk'umuntu uteye isaha kandi ukorera umwimerere ari icyo gikurikiranwa kandi gishimirwa.	90-110 BPM. Igitungo, ifite umusaruro wa funk. "The Humpty Dance" ni uruhushya - irabwira abantu bari mu cyumba cy'imikundiro ko kwihangana neza no kuba utagize ubuhanuzi buri byo bintu bihuje.
The Tootsee Roll.	Injira umukorani, sika umusatsi washize inyuma, injira umukorani, shushanya umusatsi ushatse kumera uwawe - iminota ine. Nyina, genda ukora nk'ibyo	1994, 69 Boyz. Umuziki wa Miami Bass. "The Tootsee Roll" ni umwimerere wo gukora amarushanwa usanzwe mu ntara, ariko wamenyekanye	90-110 BPM. Hip-hop, Miami bass, R&B. Ibirori by'umwimerere bisobanutse cyane mu itsinda, kuko urugendo rwegutwaye

	ukoze ariko ujya ukoresha umusatsi wandi. Ibi ni ibimenyetso by'amaguru. Uburyo bwo gukora amaboko: amaboko yombi agendere mbere maze amagufwa akora imyuguruko (imyuguruko itangira kureba imbere) bigobotse n'ibimenyetso by'amaguru. Igihe umukorani ujya ukurikiza, amaboko na yo ajyana. Indirimbo ya 69 Boyz (1994) ivuga iyi ngingo mu gihe uyikora - ni kimwe muri zimwe z'indirimbo zifasha gukina zakozwe mu gihe cyo.	ku rwego rw'igihugu binyuze muri filime y'amajwi. Uyu mwimerere uranga umuziki wa Miami bass / booty, kandi urenga ibindi byo mu buzima bw'amarushanwa.	rushobora kwerekana ubumwe nk'urwo usanga mu marirafo.
The Kid 'n Play	Abantu babiri bageranye, buri umwe afite amaboko yombi agereranyije. Umuntu A akuramo igice cy'umukomuko (amashyogo) agakubita ku ishampa ry'umuntu B. Umuntu B atanga gato kugira ngo adufumbiye, kandi mu gihe kimwe akuramo igice cy'umukomuko (amashyogo) agakubita. Umuntu A asohoka atanga igice cy'umukomuko (amashyogo) kundi. Abantu babiri bakomeza gukuraho amashyogo yabo, buri umwe akuramo igice kimwe, bigaragaza ko batagutana. Ibi bintu byose birimo uburyo bwihariye kandi bifite intego yo kwirinda	Kid 'n Play, 1988-1991. Iyi nshinga yitiriwe kandi yashyigijwe na duo ndetse n'ifilimu yabo yitwa 'House Party'. Ni umushinga ushingiye ku kwifatanya – utabasha gukorwa ukumwe. Kid 'n Play ni uburyo bwo gufatanyira mu murimo bwari bumenyereye muri icyo gihe.	90-115 BPM. Hip-hop, R&B. Iyo ntambara igomba gukorwa n'umuntu ufite umukunzi uyishaka kandi ikeneye amasegonda mirongo atanu yo kwitoza kugira ngo ukayifashe neza mbere yuko uyikora mu ruhuka. Tangiye buvuzi, hamwe no guhuza igihe, hanyuma ujyanyeho vuba.

	gufatwa, kandi amashyogo aragaragara atangira kurenga ibindi.		
Macarena.	Umukono wa ibumoso ushatirwe imbere (ubuso bugasoroka). Umukono wa umunsi ushatirwe imbere (ubuso bugasoroka). Umukono wa ibumoso wivugurura ubwo buso bugatangira hejuru. Umukono wa umunsi wivugurura ubwo buso bugatangira hejuru. Irukundo rwa ibumoso rujyanye ku mashinga ya umunsi. Irukundo rwa umunsi rujyanye ku mashinga ya ibumoso. Irukundo rwa ibumoso rujyanye inyuma y'igihanga. Irukundo rwa umunsi rujyanye inyuma y'igihanga. Ibyo birukundo byombi bijyanye inyuma. Ibyo birukundo byombi bishyirwe imbere. Shyira ibirenge ku mva. Shinjiriza ibumoso. Iterura.	Los del Rio, 1993. Icy ndirimbo ya pop y'Ispaniye yafashijwe n'umuziki wa flamenco. Yabaye ikimenyabuntu ku rwego mpuzahanga mu mwaka wa 1996. "Macarena" ni umwimvugo usanzwe uhamwa cyane muri uwo mushinga, kandi urakenywemo. Uyu mwimvugo ushobora kugaragara mu birori by'ubukwe, mu mikino, n'ahandi hose abantu bashaka kuririmba hamwe, nta kumvikana no ku buntu bw'umwimerere y'umuntu.	104 BPM, cyane - indirimbo nyabururu. Iyi ndirimbo ifite ubushoboro bwo gukorera mu marebitego ya 95-115 BPM. "Macarena" itagira gahunda y'indirimbo – isa nk'iyaba aho indirimbo irimo yerekanwa. Ubushobozi bwayo ni uguhabuza buri wese.

8.4 — Ibyerekwa by'igihe cyakozwe mu myaka ya vuba (kuva muri 2000 kugeza ubu).

Imyemerere y'ubuhanguriro bwa za ngerero z'amajwi zakozwe mu kinini cy'iki gihe zitandukanye n'izo zakozwe mu myaka ya 1980 na 1990 - amashusho agurishwa ku mbuga nkoranyamagambo ndetse n'amafilimuriya mafupi asimbura ibirori byamajwi nk'uburyo bw'ingenzi bwo gukwirakwiza. Igererero ributanga umugati yose bushobora kumenyekana ku isi mu gihe cy'amasaha atandatu. Igihe cyo kwigarurira abantu kiri nke. Ariko, izi ngerero zishobora kugereraho amateka akomeye, bituma zigira ishusho myiza kurushaho y'uko zakwirakwizwaga ku mbuga nkoranyamagambo.

Move	Ingero z'amabara.	Ntabwo nzi.	BPM / igihe cy'indirimbo.
Iyi dansi yitwa "The Dougie".	Shifta ibihembo ihashe imbere. Shyira umwijega wawe udasanzwe hashangabo kandi ujye munsi n'uko ibihembo bishikaga hasangabo — ukoresheje isandara y'umwijega. Gukora uko, hanyuma ushyire umwijega wundi. Ibigomba gukurikiranwa ni ukuryuka kw'umwijega, ntibyo kuba guhindura ibyari byo. Amaguru arashobora kugenda make. Ibyakorera muri iyi mvugo byose ni mu buryo bwo kwinjira no kunywirira bw'amabere kandi amwijega, umwe agenduka buri kanya.	Cali Swag District, 2010. Iyi ndirimbo yafashijwe n'indirimbo ya Lil Wil yitwaga 'My Dougie' (2007). "The Dougie" igaragaza uko abantu bajyaga baragenda mu mariika ya hip-hop yo mu myaka ya 1990, kandi yagaragazwa neza - ni ukuguruka kw'amashani, ibigaragaza icyizere n'umwanzuro.	80-110 BPM. Hip-hop, trap, R&B. "The Dougie" ni umwimikagaro utanga umuzinga - urangira kuba icy’umuntu yari asanzwe amenya igihe ibirori byegereye kuri BPM zirengeyeho, kuko amaguru atashobora kugereranya neza.
Nae Nae.	Shyira amaguru mu buryo bw'ibanga. Siga umutwe wa buri nabi uri hejuru y'igihagaragara, igice cy'umubiri gishoboye kigaruka make, intoki ikomereza. Uruhande rw'ibiri rwa mubiri	Silento, 2015. Uburyariye bwa "Nae Nae" buvuye ku mugore witwa Wanda uvuka muri televiziyo yitwaga 'Martin' — uburyo bunyuranye bw'amaboko na gahinda k'uyu mugore	80-110 BPM. Hip-hop, R&B, trap. Iyi ndirimbo yakoreshwa hamwe n'imigirire yindi yo mu marushanwa ya "Whip/Nae Nae".

	rugomba kugera hejuru make kandi rukurikije urwego. Umutwe wa buri nabi na mubiri bigomba kujya birukira ibirenge bigendere. Ibyo byose bigomba gukurikizwa: umutwe wa buri nabi uri hejuru, umubiri urukira, intenge zishushura. "Nae Nae" yorohereye ku buryo bw'umutwe wa buri nabi - intoki ariyo ngingo ikomeye.	byahindutse umugongo w'uburyariye mu cyiciro cy'umuziki wa hip-hop i Atlanta mbere yo kuba Silento abishyushya.	
Ibirungo.	Sinyuma ibiganza byombi hagati no kwirengura umutwe (ibiganza na mutwe biragendera imbere itandukanye). Sinyuma ibiganza byombi hagati no kwirengura umutwe, hanyuma wirukane ibiganza byombi kugere ku ruhande rw'ibure. Ibi bintu bigomba gukorwa vuba – ibiganza biragombaga kugaruka mu buryo butandukanye buri gihe. Uburyo: ukuntu usinyura ibiganza, ni bwo uzwiho.	Russell Horning ('Backpack Kid'), 2017 — yamenyekanye cyane ubwo yaririmbye kuri SNL. "The Floss" ni umwimvugo wa mbere w'urukundo rwaturutse ku mbuga nkoranyamagambo, rwagize uruhare runini mu masohozo. Urukundo rwaba rufite ishusho y'uburyo bwo gukora "isolations" mu hip-hop: guhuza imikuno na buriri by’umwihariko.	100-130 BPM. Iyorohereye - yifashishwa mu byiciro bitandukanye, kuva mu birori by'abana kugeza ku rubyumba rw'ibitaramo. "The Floss" ifite ishusho itandukanye n'iyakorwaga mbere yo 2017.
Melbourne Shuffle.	Sogokora umusigati w'umutwe kure, hanyuma ufatanye umuhego. Sogokora umusigati w'umutwe kugabwa inyuma ukagira imyanya myiza. Imihano yambere ni: sokoroka-sogokora, sokoroka-sogokora - byongera amasigati agereranyije, kandi bifite ubwime bumvikanye. Uburyo	Melbourne, Australie, mu myaka ya nyuma y'ibiri (1980). Yamenyekanye ku isi binyuze muri za festival z'indirimbo z'amajwi (EDM) mu myaka ya 2000-2010. Ni umwe mu ma dance make yatangiye mu birori bya rave, aho atavuye mu hip-hop cyangwa pop.	130-150 BPM. Amagambo y'indirimbo - cyane cyane indirimbo z'amajwi (electronic) zifite imyirondiro itandukanye, nka "house", "techno", na "trance". Iyo ndirimbo ("shuffle") yaratowe kugira ngo ifashe neza mu ndirimbo

	bw'imihano bukomeye buvugurura imyanya y'amaboko yo gukora "running man" n'uburyo bwinshi bw'imyanya myiza. Shuffle ni umuhango ushishikajwe no kuba ku butaka - amashusho aguma hafi y'umutumba, kandi bigenda mu buryo bugorobye.		z'amajwi, kuko izindi ndirimbo nk'iyo yitwa "Running Man" na "Cabbage Patch" ntizifite uwo mwimerere.
Woah.	Ku bwibutsa bunini (bushingwe cyangwa ibindi bimenyebwishyu), kwihagarika burundu kandi ubeho mu mwanya umwe – hanyuma uhinduke ukomeza guhagarara. "Woah" ni icyo gice cyo guhagarara, ntibyo gutanga imbere no kuguruka. Igihe ni ikintu gikomeye: guhagarara bisanzwe ku gihe cy'umushingwe, bigaruremo umushingwe umwe, hanyuma bikongerwe.	Avuka i Charlotte, NC mu cyiciro cyo gukora muzika ya hip-hop, mu mwaka wa 2019. Yatangajwe ku mbuga nkoranyamagambo (social media). "The Woah" yigaragaza nk'umwihariko w'imbyano yo guhagarara burundu ("locking") yavuye mu myinuko ya funk y'ibiciro 1970, aho umubiri wigaragazwa uko ari hose, hanyuma bigaragara mu gihe gito cyane kandi gisanzwe.	90-120 BPM. Hip-hop, trap. "The Woah" ifashwa neza mu ndirimbo zifite ibigufi cyangwa amasanyero meze uko, kandi afatwa nk'ibice byihariye bituma umuntu amenya igihe cyo kuryukunda.

8. 5 — Ibyamasaha bya Kilatini.

Imyemerere y'urwanda rwo mu Burusiya ni byinshi ku buryo ashobora kuba umushinga ushaje cyane ukomeza kwahinduka kandi ufatwa nk'umugambi w'imikundiro ya none. Salsa, cumbia, merengue, bachata, n'ibindi birwanda byakomoka kuri ibyo bintu byose byatangiye gutanga ingaruka ku muziki wa elektroniye no mu mahuriro y'abantu mu myaka myinshi. Ibi ntibiba imyemerere itangaza yo gukorwa ahandi hatandukanye, ahubwo ni ibikoresho byifashishwa mu buryo butandukanye igihe bigenewe.

Gutembera / kwubahiriza	Ibigize ibintu by'ingenzi.	Niba ushaka kujya ku ruganda rwo kuririmba rwa dansi, hari ibintu bitangaje byatuma urushaho. * **Ubunyamuneho:** Ibyo wumva mu ndirimbo z'abanyamahanga bishobora kuba bibimariye umwanya munini. * **Ubuzima:** Uburyo abantu bakorera imyitozo byose, nka gahunda y'amasaha, birashobora kugenda bitandukanye. * **Ubwiza:** Ibyo ushobora kwifitemo, nk'amahembe, bishobora kuba bibimariye umwanya munini. Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.	Imyaka y'amapondo ku minota.

		Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere. **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.**	

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		kugira icyizere. **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona**	

		uburenganzira bwo kugira icyizere. **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese**	

		ashobora kubona uburenganzira bwo kugira icyizere. **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi,**	

		kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere. **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi, usabwa gushaka uburyo bw'ubufasha. Ubu buryo buvuyemo ubuzima butazwi, kandi buri wese ashobora kubona uburenganzira bwo kugira icyizere.** **Niba ufite ibibazo byinshi**	
Marchi ya Merengue.	Uburyo bworoshye bw'ukwinjira mu mbyaro za Kilatini buri umuntu. Ibiganza bituma ibirenge bigendere ahantu kimwe, igice cya mbere (1), igice cya kabiri (2), hanyuma wigendera. Biryo byonyine. Isanga: hanyumyeho igipunguzo ku masozi	Ingingo ya merengue ni icyinjira cy'umwimerere gikomeye. Igihe kirenga 100-120 BPM, igaragazwa mu birori by'ibikorwa bitandukanye atari ibya Latiini. Umwiharuro w'amaboko uhagaragariye muri merengue ushobora	100-130 BPM. Amamarangamira ya Merengue, bachata, n'imwe y'indirimbo z'isitare. Iyo ndirimbo ishobora gukoreshwa na buri wese mu minota 30 yo kwigisha.

	ya buri nshuro, ukoresheje umutwe w'igenge rya buri nshuro, maze uvuze ko igice cy'umubiri kuri iyo nshuro kizamuka. Umwuga wa merengue ni ugukora intambwe mu mahanga, hanyumyeho igipunguzo ku masozi. Ifite ibintu byinshi ushobora gukorera muri yo, ariko yatangira hano.	gukoreshwa mu muziki wa house - hanyuma ujyane ingingo ya merengue n'indirimbo ya house, umwimerere uzaba mwima.	
Amabara ya Cumbia.	Cumbia igize umuzingo ku buryo bunyuranye: uko guhagarara-kwerekeza-guhagarara-kwerekeza, aho hagati hafunzwe, kandi aho umutwe utanga umugongo uhagazeho umusatsi. Umutwe ushobora gukanguka cyangwa kuguma ku butaka. Ihema ry'umwimvure rishobora kuba rimwe cyangwa ribiri. Uburyo bwo guhagarara-kwerekeza-guhagarara-kwerekeza, n’ubundi umutwe uhagazeho umusatsi, ni icyiciro gikomeye cy'umuzingo wa cumbia. Umutwe ushobora gukanguka cyangwa kuguma ku butaka. Ihema ry'umwimvure rishobora kuba rimwe cyangwa ribiri. Uburyo bwo guhagarara-kwerekeza-	Umwimerere wa Cumbia, ukoranye neza (ku bwoko bwa 80-110 BPM), urimo ubushoboro bwo gukorana neza n'ibindi byinshi mu muziki wa R&B na hip-hop. Uburyo umuntu agenda mu mwimerere wa Cumbia butanga ubumenyi bw'amajwi no guhagarara, kandi ibyo bituma urumva neza amajwi ya trap na hip-hop yoroshye.	75-110 BPM. Amamarari ya Cumbia, hamwe na hip-hop na R&B. Cumbia y'u Rwanda na yo ya Mexico ifite uburyo bwo gukora iyi ntambwe butandukanye – buri bushoboro ni bumwe kandi byombi bigeraho.

	guhagarara-kwerekeza, n’ubundi umutwe uhagazeho umusatsi, ni icyiciro gikomeye cy'umuzingo wa cumbia. Umutwe ushobora gukanguka cyangwa kuguma ku butaka. Ihema ry'umwimvure rishobora kuba rimwe cyangwa ribiri. Uburyo bwo guhagarara-kwerekeza-guhagarara-kwerekeza, n’ubundi umutwe uhagazeho umusatsi, ni icyiciro gikomeye cy'umuzingo wa cumbia. Umutwe ushobora gukanguka cyangwa kuguma ku butaka. Ihema ry'umwimvure rishobora kuba rimwe cyangwa ribiri. Uburyo bwo guhagarara-kwerekeza-guhagarara-kwerekeza, n’ubundi umutwe uhagazeho umusatsi, ni icyiciro gikomeye cy'umuzingo wa cumbia. Umutwe ushobora gukanguka cyangwa kuguma ku butaka. Ihema ry'umwimvure rishobora kuba rimwe cyangwa ribiri. Uburyo bwo guhagarara-kwerekeza-guhagarara-kwerekeza, n’ubundi umutwe uhagazeho umusatsi, ni icyiciro gikomeye cy'umuzingo wa cumbia. Umutwe		

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Salsa y'ibanze.	Amabara y'ibanze ya salsa ni imyitozo itandukanye irenga ibirindwi, iguruka ku bitabo bitanu. * Injira imbere kuri buriri (1), * Injira umutwe uruhare utagende (2), * Sohoka inyuma ujya hagati (3), * Hagararara (4). * Sohoka inyuma kuri buriri (5), * Injira hasahye utagende (6),	Umwanzuro wo gusiganira wa salsa usanga utubahirizwa cyangwa ntuyobewe mu buryo butandukanye n'uburyo bwo gukorera dansi mu mahanga - igihe kizasanzwe, kandi kikaba kigoye cyane ku ndirimbo zikoresha imyinyanyundo. Ibyo ushobora guhindura ni ukurikiza umwanzuro wo guhuza ibirenge kuri buri step	160-220 BPM (bidasanzwe) - ariko bigaragazwa ku mabere 1-2-3, bityo bikaba bisanzwe birumvikana kuri 80-110 BPM. Salsa ni igiheguro cy'indirimbo.

	* Injira imbere ujye hagati (7), * Hagararare (8). Ibi biruhango byo guhagarara ku bitabo 4 na 8 ni bicye bigomba, kuko bifasha salsa kugenda neza ahubwo ntikagende mu buryo butunguranye. Byose bisobwa n'imbururu.	n'umwanzuro wo gukora pause nkibyo by’imiganano. Ubu buryo bubiri bushobora kwifashishwa mu ndirimbo z’indirimbo zitandukanye.	

8.6 — Ibihindurwa.

Kugisubira umwanya we kuko akwiye kugira igice cyihariye.

Uburyo bwo guhindura umubiri bugereranyije ni uruhare runaka ku masaha y'amarushanwa, mu mvugo zose, kandi mu buryo bushoboka bwose. Umushinga wa buri marushanwa ufite uburyo bwo gukora iki giheguru. Kuri buri rwego rya byerekeye ubushobozi, umuntu ashobora gukora uburyo bumwe cyangwa ibindi. kandi ni icyihutishije cyane ku mwana w'umushinga ushobora kwerekana inyishu.

Ibyo byose birashoboka.	Ntabwo nshobora guhuza ibintu by'umwimerere.	Ibihindurwa.
Simama ku igereraho ya burundu. Shyira umutwe wa burundu mu mwihano kugira ngo ugerageze gukora ishyirahamwe. Gomba ko umutwe wa burundu urangwa nk'ibindi bisanzwe. Amaguru agereraho atanga ingufu, kandi umutwe wa burundu uguma nk'ikiguzi. Amaboko akurwira umurima (akajya mu mufuka cyangwa hafi y'umubiri) kugira ngo ushobore kwinangamaza - fiziki y'ishyirahamwe: igihe imaseguko itanga ingufu, ishyirahamwe niba irushaho. Shyira amaboko hasi ubwo ishyirahamwe rigenda guca bigabanuka kugira ngo urusheho gutwara neza ku gihe cyakurikira.	Haho: Shira inyuma yanyu umuhanga umwe kandi wirinde kumusuzugura kugeza igihe ushobora, mu gihe urimo gukorera ibirenge byaheruka. Ibi bita 'gushaka umuhanga' mu mbyaro z'ubwiza, kandi bigabanya ubangikanyo mu gihe wenda ukorera ibirenge. Umutwaro mwiza ushobora kugira urwo rwego ruzamuka neza. Umutwaro utagashize neza urangira ufite umwanda. Kwigarura: Umutwaro ugomba kugera - gushyireho gahunda aho uzagaruka, ugerageze kugera kuri iyo ntarabanga, kandi wirinde. Umutwaro ushobora kuba uragabanuka bukareba nk'aho utari ufite ububasha. Umutwaro ushobora kugira urwo rwego ruzamuka neza urangije ugerageje.	Ibiragaburuko bwa kimwe: idegari 180. Ni ibiragaburuko byoroshye cyane. Byifashishijwe kugira ngo ushatire inzira nshya mu gihe cy'indirimbo. Ibiragaburuko bwimwe: idegari 360. Ni ibisanzwe. Bikorwa ku buryo buhagaze—bimenyerezwa, buri gihe ku gitinyiro cya mbere cy'igice—ndetse ukora ku gitinyiro cya mbere cy'igice gikurikira. Ibiragaburuko bishoborwe: ibiragaburuko bibiri byimwe. Amagarondo agomba kuba amaze kugeraho kugira ngo bikorwe mu gihe cyo gukina. Ntukwibuke kureba uko ukora biragaburuko kimwe mbere yo kwegera iki. Ibiragaburuko bifashijwe n'umufasha: umuntu umwe afata isandare ya mugenzi we, kandi uwakora iryagaburuko akoresha iyo sandare kugira ngo abeho igihe cyo gutangira. Iri biragaburuko rirashyirwa mu byiciro bitandukanye: swing, salsa, imikundiro y'ibihugu, n'imikundiro ikorwa ahandi.

Igihe cyo gukora igikomere: Igitinyitinyi, hagati y'ibice by'indirimbo, ubwo umuziki utanga icyifuzo kandi umubiri wawe ushaka kugishyigikira. Mu gihe hari "breakdown" kandi aho uri ariho nta muntu w'imbere. Ubwo urimo ukora intambwe ku ruganda rurimbitse kandi umuziki ukeneye ko ugikomere. Igikomere gishoborwa mu kanya, kuko ni icyivugo cyo kwiyerekana ku ruganda.

8.7 — Voguing na Ballroom: Ibyiciro by'amateka bifite aho bigomba kuba.

Voguing: Umwiharuro w'ubugeni wa Harlem, kuva mu myaka ya za 1960 kugeza ubu. Uyu mwiharuro urashyirwa ku rwego mpuzamahanga n'urwandiko rwa "Paris Is Burning" (1990), kandi urakomeza muri gahunda y'umuryango w'abantu bakora voguing ku isi.

Voguing yihagije kugira igice cyayo mu mwimerere wa iyi myiyoboro kuko ni umwihariko w'ubuhanggane ushobora gushyiraho icyizere, watangiye muri iki kinamico, kandi urimo amateka ya Afurika yo hagati na Latino, kandi yagize uruhare runini mu byo Madonna yakoze mu myaka ya 1990 no mu bwihariko bwo gukora ibikorwa by'ubuhanggane ku majiro y'ibigo by'umuzinga ku isi.

Style	Ibyiciro by'ingenzi.	Iyo umuntu uyigira, icyo ayigiraho.
Uburyo bw'akanyuma.	Iline zigufi, ibitekerezo byafatwa maze bigahinduka mu bitekerezo bitandukanye. Ibyo bikorwa birimika imyitwarire y'abagenzi yo muri majarida ya Vogue — izina rirashobora kuvuga byinshi. Kwihanganira cyane ku manyanga no kuri line.	Ibyo ukora ni icyemezo. Gufata iyo imyirondoro kandi gukomeza kuyifata ni by'ingenzi. Iyo myirondoro yihariye, ntibyo bitewe n'ubwiza bw'iyo myirondoro, ahubwo ni uko uyarimo.
Ibigozi bitandukanye.	Imyemerere y'umubiri, imyitifu igaragaza ubuhanga, amabara agera ku bipimo byo kwihagarika k'ubushoborero bw'umuntu. Ubumenyi buhagaze mu gukora ibikorwa bigoye ku mubiri.	Umubiri ufite ubushobozi buhambaye kurusha uko usanga. Integuro ya "New Way" yagize uruhare rukomeye mu myinyamuryango, maze yaratangije ishyirahamwe ry'imikoresherezo y'umuvuduko itazashoboraga kuba mu buryo butandukanye.
Vogue Femme	Ubwiza, ubushobozi, n'ubwitonzi byatanzwe mu buryo bwimbitse	Uburyo bwo kugira ibintu byumvikane - gukubita hasi ku

	bw'umubiri wose. Ibi bice bitanu: "Catwalk" (uburyo yo gukora), "Duckwalk", Gukoresha intoki, Gukorera hasi, na "Spins and Dips". Buri kimwe muri iyi mpano kigaragazwa kandi gisobanurwa mu marushanwa y'amakondera.	buryo bugezweho kandi bigaragaza - ni icyiciro gikomeye cy'imikundiro ya "vogue femme". Bigeze, bwiza kandi bikorwa mu mutuzo. Uburyo bwo kugira ibintu byumvikane butatangiye si uburyo bwo kugira ibintu byumvikane. Uburyo bwo kugira ibintu byumvikane bugaragaza imyizerere ni ubw'ubugingo.

Nonese.

8. 8 - 8.11

Cutting Shapes · Shuffle · T-Step · X-Step · Running Man (Electronic) · DnB · Hakken · Muzz · Dubstep

Clog · Irish Step · The Bonfire · The Plant

Izi ni imyito yashinzwe n'abagize urukundo rw'imiganaga.
Ivuka mu miryango yagombaga kuvuga umuziki, ariko uwo muziki ntibigeze uhagaragara mbere yo.

Icyiciro 8.8 — Ibyamasaha by'Internet byanditsweho amabwiriza.

THE CENTURION — Buri genre yagize umwiharuro wayo. Amamagambo yaherukaga guhuza abantu, ariko ntihayemo ibikorwa byari bikwiye. Ibi ni ibisubizo.

Undi mwiteguro ushobora gukoresha ni uwo wo guhuza ibikorwa by'imikundiro bitandukanye, nk'ibyo mu bisigazama 8.2 kugeza 8.4 - byaje mu mizi ya hip-hop, pop, na R&B kandi byatangiye gushyirwaho muri media ikomeye. Ibyo ni ukubera ko ibikorwa by'imikundiro birimo byakozwe n'amafimya y’abantu bari mu bihugu by'indirimbo z'amajwi (electronic music) byayoboye. Nta bishyirwaho muri filime z'indirimbo. Byatangiye gushyirwaho hagati ya bantu, ahantu hatandukanye hwo kwibumbira, n’ahandi hatandukanye. Hari hamwe yafashe imyaka myinshi kugira ngo abinyujije izina. Hari hamwe kandi ushobora kuyumva cyane mu buryo bwa serivisi aho ubona uko byakorwaga, aho ntihagereho ibitekerezo by'uko byakozwe.

Cutting Shapes

Cutting Shapes: Amashusho y'indirimbo z'ikiguzi (electronic music) mu Bwongereza - garage, house, UK funky, electronic - kuva mu myaka ya 1990 kugeza ubu.

Kwipfunyiza umwanya si uko gusa. Ni filozofiya y'imikundishirize itangawe mu bucuruzi bwa muzika elektroniye bw'Ubwongereza. "Imyanya" ni ibimenyetso bigereranyije umubiri ugira mu mahoro - amagero, imigenderaho, n'ibice by'umubiri no uko birusha ibindi. Kwipfunyiza ayo manya ni ukugenda hagati yayo burundu kandi neza, ku buryo buhagaze.

Umwimerere wo guhuza imyanya (ukuntu abantu bahaguruka) ni umwimerere ushingiye ku bisanzwe — wavutse mu bihe by'aho abantu bakoraga ibikorwa by’umupira hafi cyane, kandi bavuga ko ubushobozi bwo guhuza neza n'uburyo bwimbitse ari byinshi kurusha ibindi. Uwo uhuza imyanya akora buri gihe ashingiye ku mwimerere w'indirimbo, ntakabuza gukoresha umuhande umwe uko yiyumvye, kandi atagira icyo agereraho cyangwa amapoto y’ibikorwa by’umupira.

Element	Ntamenye.	Bimenywe uko byakorwa.
Ibiranga.	Umwanda w'umubiri ushyizwe mu mwanya mugenga hagati y'impuzu imwe cyangwa ibiri mbere yo guhinduka ku mwanya ukurikira. Ibinyinya birimo umwanya mugenga. Umwirigi ufite uburyo bumaze gushyirwaho. Amaguru afatwa mu mwanya bumaze gushyirwaho. Uwo mwanda ufite gahunda y'uburyo - si umwanya usanzwe, ahubwo ni umwanya wagenzuye.	Reba umubiri wawe mu mirundo ugiye kwumva indirimbo. Taba imyanya ituma wumva uko umwihangaye n'indirimbo. Gira iyo mvanga ibyumvire, hanyuma ujye ku yindi. Imyanya itanga amahirwe ni yo ugomba gukoresha kuko ububonamo maze ukamenya ko ari wo mwihangaro w'iyo ndirimbo.
Icyiciro.	Ubu buhinduka hagati y'imyenge. Iyo ndunduro ni icyaka - ibera ku gihe cy'indirimbo, ntibigereho hagati ya "beats". Uri mu myenge A, hanyuma ku gihe cya mbere (beat 1) cy'igice gikurikira, ujya mu myenge B. Ntihagira ubuhinduka buhagije. Iyo ndunduro ibera kandi igihe cyo kwihindura kibimburwa n'ibintu by'umwimerere by'indirimbo.	Gukora imyitozo y'umutwe nta ko ubyibagiza. Shinjira mu mwanya ushaka. Ugitera umuziki: shina buri bice byawe birimuka hamwe. Amaboko ava hasi ajya hejuru. Ibiganza birimuka ukavuga ibirenge bigeze ku rukweto. Umutwe urimuka. Bintu byose birimuka hamwe, ugitera umuziki. Ibyo ni "umutwe". Nyuma yo gukora neza "umutwe", hanyuma wiyongerezeho imyanya itandukanye.
Ubwiryanga.	Kwipima imyenge si ibikorwa byo gukora amasanamu. Umuntu umwe ashobora kwipima imyenge itandukanye mu ndirimbo imwe kandi ahantu hamwe kuri nimero zitandukanye kuko imyenge	Uganire ibikorwa by'amajwi birasaba ko uhagaze. Ibyuma byinshi bifite ijwi ryihuta bisaba uko ukora igikoresho cy'ijwi gishoboye. Ibipimo by'ibara bifite ijwi rirusha ibindi bisaba uko ukora igikoresho cy'ijwi

	irangwa n'ibintu bigaragazwa n'indirimbo muri uwo mwanya – ibirenge, ubushakashatsi, igikoresho cy'amajwi gihagararaho ku munota ya gatatu y'iyo ndirimbo, no kuri nota y'ubusonga itangaje.	gikomeye. Umwanzuro usaba ko ugushyira mu mwuka. Shyira imikorere yawe kuri iyo mvugo, ntukayishyire ku mugongo.

Imyaka ya BPM: 118–135 BPM — Muzika y'agashuri ya UK (UK garage), muzika y'inzu ya UK (UK house), muzika y'agashuri ya UK ifite umwiharuro (UK funky), n'imikundanyo yo mu buryo bwa grime. Iyo imyaka igenda vuba cyane, ibintu byihuje bigera ku gihe hagati yabyo, ariko ntibigende vuba cyane kugira ngo buri ishusho ishobore kugaragazwa neza kandi gukurikiranwa.

Ibirori by'umuziki wa elektronike mu Bwongereza, nk'ibyo biheruka kuba i London, birimo ibirori bya UK garage n'ibindi bifite umwiharuro nk'ubwa Boiler Room. Gutwara imyanya ku mugongo (cutting shapes) bishobora kuvuga ubushobozi bw'umuntu mu muziki no kwitwara neza ku ndege y'urukundo rw'umuziki. Umuntu utwara imyanya ku mugongo muri iryo rindi ruzindiro atari we ufite uruhambo, ahubwo ari uko afite ibiganiro n'umuziki, kandi abandi bayobora barashoborwa kureba.

Melbourne Shuffle: Izindi Magambo Agufasha Umenya Neza

* **Igitinyokorezi (Recovery Kernel)**
* **Naloxone**
* **COMT**
* **DRD2**
* **MTHFR**
* **Blueprint**
* **findahelpline.com**

Melbourne Shuffle:
*** Iburimvu by'umupira rwagombwa mu mujyi wa Melbourne, muri Australie.**
*** Byatangiranye mu myaka ya nyuma y'ibiri (1980), maze kuva icyo gihe ryatangiye kwaguka hose ku isi binyuze mu muziki w'imikundanyo (EDM) mu myaka ya 2010.**

Icyiciro cya gatatu cyo muri iri butumwa bwagaragaje uko "shuffle" ifunguranywa mu buryo bwo gukora ibikorezo (BPM). Icyo gitabo giherereyeho, tugiye kugarura amagambo y'itekinike. "Shuffle" ni umugabane w'imigaruko itandukanye, ushingiye ku byiciro bifatanyije: gukora ibikorezo by’amaguru (he-toe action), uburyo bwihariye bwo kwifashisha ku buryobyo, no guhagarara mu buryo butanga umujinya wo kuguruka utandukanye n'ibindi bikorezo byose byakozwe ku buryobyo mu muziki wa elektronike.

T-Step — Isoko.

Ingero z'amabwiriza.	Ibigize bingombwa by'ubumenyi.	Iyi ni uko ibintu byaba asa.
RIGHT T-STEP: Ibiganza by'umwe bigira umugongo bisubira iburimvu. Ibiganza by’undi biza kugera kuri iyo burimvu. Ibiganza by’umwe bigira umugongo bisubira iburimvu igena. Ibiganza by’undi biza ku mugaragaro, umunwa w'iganza umane i burimvu (bikora uruzitiro rw'amaherera). Ibice byo	I SARE. I biganza igice cyo gukurikirira ntikigendere – ahubwo kikaguruka ku musozo. Uburyo bwose bwa "shuffle" buvuye kuri ubu buryo bwo kuguruka k'ibiganza. Biganza bikora imyigaragaza by’uko bigenda biragaragara nk'ukwiyandura. Biganza bikaguruka biragaragara nk'uburyo bw'umushinga	Uburirimbye, kuguruka ku buryo butazigira. Umubiri urahagaragara ku ijana kimwe – nta kugongora hejuru na hasi. Ibihumbi birakomeza mu buryo bwa horizantali, ntibikomerehe. Amagufu arashyiraho cyangwa agasanduka uko igice kirenzeho gishira. Uwo muntu abona: umwanya uhindukana ku buryo

gukora birushaho kugera kuri iganza ryonyine riri ku mugaragaro. LEFT T-STEP (inyuma): Ibiganza by’umwe bigira iburimvu. Ibiganza by’undi biza kugera kuri iyo burimvu. Ibiganza by’umwe bigira iburimvu igena. Ibiganza by’undi biza ku mugaragaro, umunwa w'iganza umane i burimvu. Iyo myemerere yongera, ikoresha ibiganza byombi. Uburyo buvuga ko urukundo ruzamuka no kuba mu buryo bw'ibice, kandi igice cyo gukora kigaragara nk'uruzitiro ku mugangwa.	("shuffle"). UMUTSINDO URAHIRA ku ndege. Ubwo igice cy'ibiganza gihamaga, umutsinzi urahira – uyu ni "T" bar. Nta mutsindo urahira, guhamagira bigaragara nk'uko umuntu yashize. Ariko niba hari umutsindo urahira, bigaragara nk'ibyo umuntu yakoze bwishoboke.	butazigira, amaguru atangira gutanga ibindi.

X-Step - Ibigize ibyiciro by'ibanze.

Ingero z'amabwiriza.	Ibyiciro by'intebe zikizamini.	Ubwari rushobora kugira uruhare mu gufasha umuntu gukomera.
Hatangirwaho umuntu afite amaguru yombi hamwe: Beat 1: Igihemberezo gikuruka, hagati ya maguru abiri, igice cy'amaguru (RIGHT) gihindukira ku mugera (LEFT) - amasigara yombi arafunze, maze aba mu mwimerero w'umwirongo (X), umugera wa ibumoso urangajwe na we. Beat 2: Igihemberezo cy'amaguru (LEFT) gihinduka ku mwinjira - amaguru atandukanye, umuntu amaze kugira imyanya myiza. Beat 3: Igihemberezo cy'amaguru (LEFT) gikuruka, hagati ya maguru abiri, igice cy'amaguru	Ibiranga bisanzwe by'umwihano biramaze kuba ibiranga by'ukwiruka - umutwaro ushobora kugera ku mbuga z'amaguru atangira, ntibigendere hasi yayo. Umwihano utagize ubuzima uragaragara nk'uw’urutsi. Umwihano nyakuri uhindura ishusho y’igitabo (X). Ingamba ya "kuva" ni ukubera agakiza - ibanga ry'umwijana ku buryo buke. Ubwumvikane bw'igitabo n'ibanga rya "kuva" ni byo bituma umutwaro uragaragara nk'urimo ishusho.	X-Step na T-Step bishoborwa gushingwa mu murongo umwe. T-Step itanga ubuhagarikane bw'inyuma no imbere. X-Step itanga ishusho y'ibimenyetso bisanzuye. Umuntu ufite ubumenyi buhagije mushyikiriza hagati ya byo, bitewe n'ubwinshi bwo gukoraho na uko umuziki uri gutera.

(RIGHT) gihindukira kuri we (in front) - umwirongo (X), igice cy'amaguru ya ibumoso urangajwe na we. Beat 4: Igihemberezo cy'amaguru (RIGHT) gihinduka ku mwinjira - amaguru atandukanye. Uburyo bw'uyu murwacye bugeraho umwirongo nyaburanga ku buryo bwa literal ku butaka, hagati ya maguru agahinduka.		

The Running Man (Iversioni Elektroniye / Iversioni y'uburyo bwo gukora ibintu mu buryo butunguranye).

Ukuntu itandukanye n'umunota "Running Man" w'indirimbo za hip-hop z'ibiciro ya 1980 mu igice cya 8.2. Umunota "shuffle Running Man" ni uburyo bwo gukora imyitozo, kandi ni uko umubiri uragaragazwa mu buryo butunguruka.

Ibyiciro by'imigendanzima yitwa "Shuffle Running Man".	Ntamenye.
Ibiganza by'umukomake biragendera nkuko bikurikije: * Ibiganza bituma umutwe uragera imbere (hasi - hasi y'amagufwa, amakariso agashatse) naho igice cy'ibiganza kitazana inyuma ku kiraro. * Ibiganza by'umukomake biragwa hejuru n'amagarasi mu gihe ibiganza bituma urugwiro rushataye. * Ibiganza by'umukomake biragwa hejuru n'amagarasi mu gihe ibiganza bituma urugwiro rushataye. Ubwime bw'ibiganza binyura ku buryo buhagaze: amagarasi agera hasi mbere, hanyuma bigendere kugera aho umubiri ujya ku kariso kuko iguzi rirushaho, mu gihe ibiganza by’amaboko bitanga urugwiro.	Uburyo bwo gukora "Running Man" mu hip-hop bufatanyije umutwe w'amaguru hejuru kandi ukomeza gutamba gato. Uburyo bwo gukora "Running Man" bwa "shuffle" buriho imikorere iteye ishusho, nta mikorere myinshi — igice cy'umugongo gisohotse hasi, umutwe w'amaguru urahagaze hafi y'igipimo, no gutera umutwe w'amaguru n'ubwozi bituma wigendere ntukomeze gutamba. Ibyo byose bigeraho: uburyo bwo gukora "Running Man" mu hip-hop buragaragaza ubushoborero kandi bufite imbaraga nyinshi. Uburyo bwo gukora "Running Man" bwa "shuffle" buragaragaza ko umubiri urashyirwaho n'imvura — kugenda kwinjira mbere, ariko ntihagire ibikorwa byinshi. Igipimo ni icyiciro, si ikibazo.

Imyaka ya BPM (beats per minute) y'imwehezo eshatu: 128–160 BPM. T-Step na X-Step zizwi neza ku myaka ya 130–145. Running Man ifatwa mu buryo bwose, ariko igihe umyaka ukomeza kera kuri 155 BPM, bitakiza gutanga imwehezo nziza – bigenda bigorana kandi biba nk'amaboko menshi ahubwo ntibimare.

DnB — Izina ry'umuhimbo na muzika (Drum and Bass).

DnB / Jungle footwork UK — jungle yaturuka mu buvuzi bwa "soundsystem" kuva muri 1992-1994, Drum and Bass yagizwe umwimerere guhera muri 1994.

Icyo gitangiriro cya 3 cyatubwiye ikigomba gukorwa mu buryo bwo gukora ibintu by'umwihariko (DnB): kwenda ku igereraho ry'amakarita y'amaguru agereranyijwe n'ibimanu mashya (80 BPM), ntikagende ku "breakbeat" nyabona (160–180 BPM). Iyo ni inzira ikomeye. Hari hano urutonde rw'amagambo twakoresheje.

Move	Pattern	Umushinga wa mbere w'ubuzima bw'umuntu, ukorwa mu bihugu byo muri Afurika y'Iburasirazuba.	Igihe cyajya gusa.
The Jungle Skank	Sinda ku masigati yaherereye ahanga. Ibiganza bigendere imbere maze bikagera kure (umutwaro munsi ujya mu mupira usanzwe). Bwira ibiganza byawe mu mwanya wo hagati. Sinda ku masigati yaherereye kuri we. Ibiganza biza imbere maze bigera kure (mu mpira usanzwe y'imbere). Bwira. Uburyo bw'okusinda buri hejuru - umubiri uraguruka n'amasigati agenda imbere, bikaba byongera uburyo bwo gukora neza. Ibi si ibintu bitari bike.	Kuva mu buvuzi bw'umuziki bwa Caribbean, "skank" ni uruhare rukomeye mu muziki wa reggae na dancehall, kandi rwahimijwe n'umuziki wa jungle ubwo uyu musi yiyongaga ku buvuzi bw'umuziki. Uburyo bwa "skank" butuma umuziki wa jungle kuranga ibintu by'amateka ye mu ma community ya Caribbean yo mu mujyi w'Ibururu.	Igiheba cy'ibandura gikomeye kandi igisigazwa ry'amajwi (breakbeat) kiba mu buryo bwo kuguruka aho kuba ukwinshi kw'imbaraga. Igitangaza (skank) gifata umwanya - gishobora kuvugwa mu byiciro bitandukanye, nka "amafoto" cyangwa "amakosa".
Iyo ntambwe ya DnB.	Kugera aho twavuye mu Icyici cya Gatatu: yinjire ku igihe cyo gukora imyitozo ya mbere (half-time kick).	Iyo ntambwe yubika ubwiza bwo gukora indirimbo z'indundo zirenze (gabber) n'umutima w'indirimbo	Mu gihe hose, ingingo ya DnB ni uko umuntu uyifite amaze kumenya rhythm ya "half-

	Shira umutwe wa buri nabi ushatse imbere, ukurikije igihe cyo gukora imyitozo ya mbere (ku birebura bibiri by'igihangano gikuru). Shira umutwe wa buri nabi ushatse irindi ntambwe, ukurikije igihe cyo gukora imyitozo ya mbere. Umubiri uronzogenda hanyuma, maze ugatazwa ku ishati. Yinjireho uburyo bwo guhagarara neza (stomp) kuri buri nabi - umutwe wa buri nabi uragera, ntukangira.	za Drum and Bass (DnB). Ibyo bituma umuntu yumva ko hari igihe kirenga. Uburyo bw'uko indirimbo zigenda mu buryo bwo gukora ibintu byoroshye ni icyiciro cy'ingenzi: DnB ni muzika yihuta cyane muri iyi gahunda, kandi ushobora kuyumva neza ubwo wari umunyezazuba.	time".
Iyi nkuru ntayo.	Nta uko umuntu yibagira cyangwa agereranywa mu buryo bumvwa nk'ikibazo mu Karindwi. Ibyitwa "DnB headnod" ni ukwihagarika, bigaragazwa no kuba umuntu atangiraho umutwe, hanyuma awuhashe hasi, akagumana kuva aho agakomeza kugera hasi, maze arongera urukuta. Ibi biba biteye ubwo bwenge. Biba birimo imbaraga. Byifatanya n'ibindi byinshi bifatwa nk'ibice bibiri by'indirimbo, bidatanga umwiharuro ku buryo butunguranye. Ubwo bwumvikane bw'ukwihagarika bwa "DnB", bufatanyije n'imwe mu ndirimbo z'uburyo bwa "DnB", bugaragaza ko buri gice cy'umubiri kwinjiza muri urwo	Ibigize umuziki wa DnB, nk'umwimbururo mwinshi (sub-bass) usanzwe mu maro y'umubiri kandi uririmbye rukumburiro rurekire rushyirwa hejuru yaryo, bituma umuntu yumva ibintu byombi. Gutamara imbere n'amaguru biva ku mwimbururo mwinshi.	Mu gihe hari ibiragaburwa by'umwimerere w'ubwoheme no gutwara umuntu.

	rushanwa.		
Ibiranga.	Iline ya bass ya DnB hari igihe isa nk'iyangira no kugera hejuru. Igihe umubiri ukurikiza iryo ryangiriro rya bass, urugwija rukura ku mabere, rugatangira mu isoko y'amabere, rujyana n'umwijoro, hanyuma rukagera ku masozi, bigaragaza iryo ryangiriro ku mwari. Si urugwija rwose nkuko bisanzwe mu ndirimbo za hip-hop. Ahubwo ni urugwija ruzwiho, runyura mu isoko y'amabere rujyana n'umwijoro.	Iline za bass zivuyemo imigani ya Jungle na DnB zirafite ubwime, uburyo bw'inyongera butandukanye n'iline y'bass yo mu techno cyangwa umuhingo wa "four-on-the-floor" wo mu house. Uburyo bwo gukora ibintu byumvikana neza (roll-through) ni icyumba cy'umubiri gisubirira uwo mwimerere.	Ubwo umwihari urushaho. Ntabwo kuri buri ibara - ahubwo ubwo umurongo w'umwihari uronzura no gukomera.

Hakken na Muzz.

Hakken: Umwiharuro wa "gabber" na "hardcore" mu Dutaja, i Rotterdam, kuva mu myaka ya za mbere y'ibihumbi mirongo itanu. Iyo nshinga yitwa "hakken" atekereza kuvuga gutera cyangwa gucura (mu Kidutch).

Muzz UK — Uburyo bw'ubugingo bwa Aziya y'Amajyepfo na Pakistan, hamwe no guhinduka kw'umuziki wa "hardcore" – kuva mu myaka ya 2000 kugeza ubu.

I CENCHURI - Igice cy'umubiri ni ikibanga. Ibindi byose ni ibintu bifatanya.

Hakken ni imwe mu mirwano y'umukomboloke ituma umubiri ukora cyane muri iyi gahunda. Iyo iriko gukorwa ku mvugo z’indirimbo za gabber na hardcore (150–220 BPM), hakken ikorwa igihe kirekire ishobora kuba nk'imyitozo y'imikundiro itangiza umubiri. kandi, iyo iriko gukorwa neza, ni imwe mu mirwano y'umukomboloke ishoboye cyane - ubwenge bwihariye bwo guhindura amaguru hashingihe hashingi ku mvugo z’igipimo butuma umuntu yumva uko biragenda, kandi byo bitanga urugero rw'ubutwari bw'indirimbo itangwa.

Style	Ibyo.	Inote z'ikitekamerezi.
Hakken y'ibanze.	Mirire amaguru akavuye ku maboko. Ku burundi bw'amaguru buronzwe: shinjira igice cy'umugongo hagati n'amashyirahamwe, maze ujyana igice kinini cy'umukomboni hashyizweho imvuzo. Ku gice gikurikira: shinjira igice kinini cy'umukomboni, maze ushyireho imvuzo ku gice cy'amaguru. Ibi bice byo guhagarika bigenda binganura n'ibipuzu by'amaguru. Ubugari bw'amashyirahamwe: bugera ku rwego rwa "ankle" kugera kuri "knee" mu buryo busanzwe. Umushyirahame uragenduka, ntugende ugashegesha. Ibinyini bigaragazwa, igice kinini cy'umukomboni biramara, umutwaro urazamuka, maze umutwaro urasubira hashyizweho imvuzo.	Iburiri hejuru: mu hakken y'ibanze, buri gihe – amaboko atangira hasi cyangwa agendere make. Igitinyiro kigenda kikorwa hasi ya buriri. Uburyo ibyuma bya masozi bigereranywa n'uburyo umubiri hejuru ugenderera ni byo bitanga ishusho nyabona y'hakken. Ibihumbi: hakken y'ibanze igikorwa ku vuba 160 BPM ni imyitozo y'umukorura. Ku vuba 180 BPM, ni imyitozo myiza. Ku vuba 200 BPM, ikeneye ubushobozi bwinshi bw'umubiri. Ntuzigere ukora hakken byihuse kandi bigenda ibera igihe kirekire utagize umwanzuro.
Hakken zikomeye	Umwijojo uramuka kugera ku	Umubiri ushobora kugira

(amagarigo asendere).	bwinshi cyangwa hejuru y'umwijojo. Umutwaro utuma igice kizamurika gitwara imbere, maze umuhego ukagera ku bwinshi cyangwa hejuru y'umwirigi. Igitandukayo ni vuba - umuhego aratangira kugaruka no gushyirwa hasi kugira ngo hagereho igiciro kizamurika kiturutse ku mugongo. Ibi bisaba imbaraga z'imipangura y'umwijojo n'ubuhanga bwo guhuza amashusho ya vuba.	ugerageko kureka uko, mu gihe igihema gishinzwe. Ni icyo kandi cyo kwihanganisha nk'ibyo byitwa "jungle skank", ariko bigaragara cyane. Niba umubiri utagera ku gerageko ko kugereraho, ibihema byinshi bishobora gutuma umubiri wose urushaho kugaruka mbere, kandi ugerageko bugorana. Amaboko: mu buryo bumwe bw'ibihema, amaboko ashobora gukorerwa ku mbere y'umunyeshuri, hagati y'igihema (nk'amaboko agenda gutera). Hari n'ubundi buryo bushoboye aho amaboko atagombwa. Buri buryo biba byoroshye.
Muzz - imyirondoro y'Ubwongereza.	Iyi ndirimbo ifite umwiharuro w'inyogoso z'amashyirahamwe, nk'iyo muri "hakken", ariko igenda no ku mvugo zitandukanye kandi ifite ishusho itandukanye. Umuziki wa "muzz" (umwimerere ukorera mu bwoko bwa hardcore/niche, ufite umusaruro w'Abanyasya bo mu Burayi) yaratanga ikiguzi aho umwiharuro wo guhagarika amashyirahamwe wa "hakken" urangwa n'imikorere y'imyitwarire ya "Bhangra" yiyongera ku myemerero y'abantu batuye mu mahanga. Iyo mpamvu ya "Bhangra": rimwe na rimwe, imyitwarire muri "muzz" igaragaza ubusobanuro bw'umubiri butariho mu "hakken" yihariye - umwiharuro munsi w'ibiro bituma ibiro bya hejuru bigereraho hanyuma bikwerekeza ku myitwarire ya "bhangra", kandi kikomeza imikorere y'inyogoso z'amashyirahamwe.	Ibyumba by'imikino bya Muzz bifite umwiharuro wabyo bwihariye - amakuru y'indirimbo arimo ibice bituruka mu muziki wa Aziya y'ibure (ibirimi bya tabla, imyandiko y'amakungu, amajwi y'abantu aturukira muri Bollywood cyangwa mu ndirimbo za Punjabi) bigobotseho n'amagare maremare ya hardcore. Umwimvugo ushobora kugaragara kuva muri uwo mwigagaro si ukwezi gukurikiza (hakken) kandi ntusiwe na bhangra. Ni icyindi gikoresho, cyihariye kuri iyo miryango kandi mu birori byo.

Ibigikoresho gikomeza hakken: Niba wifuza gukomeza hakken mu gihe kirekire kandi ukagira imbaraga, ibigikoresho bikurikiriye bifasha kugabanyiriza amahane: kunyura amashyiyi yo hashyira mbere y'igitero (ubwo gitero gisanzwe gukora inyonga z'amaguru bigatuma amashyiyi yo hashyira agereraho), no gutegura amagufwa n'amaboko (igakondo

yikomereza igasenyuka ku buryo buri gihe, kandi ibyo byose bishobora kwangiza). Kugemura ama electrolyte ni ngombwa kuko hakken ituma umwazi na magnesium agabanuka vuba cyane. Ibyiciro by'ama electrolyte byerekanwe mu "Addendum" y'umushinga wa "Recovery Kernel" bikoroha gukoreshwa.

Dubstep Movement Vocabulary

Ubwoyaga bwa dubstep. Dubstep y'Ubwongereza ituremwe mu mujyi wa South London hagati ya 2001 na 2006, hanyuma ikagera ku isi hose n’ubwoyaga bwa "brostep" wagiye ukorwa na Skrillex hagati ya 2010 na 2014.

Ibyamamare bya dubstep yashizeho amagambo maze yabyitirira kuko yaratangiye umuziki utari wo ushoboraga gukurikiranwa n'imikundiro itandukanye. Ibirime biba bihinduka, rhythm yo mu buryo bw'amajoro, ibyuma byihuta bigatangira nyuma y'igihe cy'umutima, imirimo myiza ya dijitali - byose byari bikenera ibisobanuro bitandukanye.

Move	Bitegura ibikoresho byakwerekeye. Shyira muri urundi ruganda. Gukora neza, gukora vuba. Kugira ngo ushobore kugera ku ntego zawe, ugomba gufatanya na we. Ushoboye kumenya uko bikorwa.	Iyi ndirimbo irasubiza iby’ibintu bitandukanye.	Ubwiza ubwose igihe byaba bikoranye neza.
Ibiribano bya "Drop Lock".	Mu gihe umuziki urushaho (ubwo umuziki ugiye kugera ku byiciro by'imbere): kwishyira mu mwanya ukoresha imikuno — amaguru agerageka hejuru, umubiri ushira mbere, amazu akora. Mu gihe cyo gukorera ibyiciro: buri kimwe ku mubiri kiguma aho byihutse. Nyuma yo: kohereza umubiri mu	Ibipimo by'umwihano. Ubu buhora bwaheruka mbere yabyo. Igihe cy'amashyirahamwe ya buri gihe. "Drop lock" ni umubiri ushishikajwe no guhagarara kera mbere yo gutungurana.	Bifite isura nk'igishoro cyafotowe mu gihe cyo gukora imbaraga zirenze izindi – umubiri uri mu mwanya wari kugenda ufatirwa n'imbaraga. Uko ukoze ibyo byose, uratangira.

	mwanya ukoresha imikuno uyifitiye, kandi uwo mwanya ugomba kugenderana n'ibyiciro.		
The Wobble	Ibyuma by'umwimbururo (ubusobanuro bw'indirimbo za dubstep) biragaragaza ibyihumbu – biratunguruka mu buryo bumwe kandi bifite umutuzo ukomeye. Shyira imigogoro, umwijima, cyangwa umubiri wose mu rwego n'umutuzo w'ibyuma by'umwimbururo. Ibi bidatanga ubushake – bishobora gukorwa ku mutuzo w'ibyuma by'umwimbururo, ugereranyije n'umutuzo usanzwe, kandi buri gihe umutuzo w'ibyuma by'umwimbururo uruta umutuzo usanzwe kandi utwangijwe na we.	Ibyo: * LFO (Oscillateur de basse fréquence) yongeraho ibintu bitandukayo, bigatuma umwimburiro ujya hejuru n'hasisagati. * Uwo mwimburiro ni urundi ruzinga rwubikwa mu buryo ko umuhendekerezi ushanduka ku vubahe byumvikana. * Umubiri wawe na we ashobora kujya hejuru n'hasisagati.	Umubiri ushobora kugaragara ko uragwija— umwiharuro uhita kandi ubihize w'umwijana cyangwa amaboko, ugeraho n'ibindi bisanzwe bigaragazwa. Uko uri kure: umuntu ushobora kuba yishimye n'indirimbo ku buryo bumvikanye, ariko bitagera ku mwiharuro uzwi.
Ibihinduka.	Iyo umuziki ufite ibintu bitunguranye bigaragara – gutangira, gukomera, cyangwa ikindi gikoresho gitunguranye – umubiri nawo utangira kugorosa. Mu gihe cyo gukora imyitozo: kwihagarara. Gukomera. Kwihagarara mu mwanya umwe. Kugenda ukurikije ibyo. Umubiri urangwa n'ibintu bitunguranye byo muri numuziki. Ibi bisaba ubwenge bwo gushoborwa –	Ibyiciro by'ubuguzi bwa muzika ya dubstep - amabara y'amajwi aturuka ku gihanga cy'umuziki gikorerwa kuri kompyuter, akaba ari ibintu byitezwe kandi bigaragazwa nk'ibimenyiste. Umwiharuro, igice gishoborwa, no gutandukanya - rimwe na rimwe umuziki urangira agakora ibintu bituma ushobora kuvumbura amakosa. Umubiri urushaho kubyitwara.	Ibyuma byumvikana neza. Uburyo bwo guhagarara ni bwimbitse cyane. Kugira ngo usubire mu mvuga, bisaba ubwenge. "Glitch dance" ni imwe muri zimwe z'izindi nshinga z'indirimbo za dubstep kuko ifite ingero nyinshi kandi isaba umuvudijambo w'umubiri kugira ngo ubeho neza.

	ikimenyanyo (kugira ukeneye kumenya indirimbo) cyangwa kugikora igihe cyo kikumvikana.		
Ibyiciro bya Krump.	Ibyinshi bya dubstep, birimo ibihumbi byayo bishyushye, byatangiye umwiharuro wa "krump" - uburyo bugorobye, buhuriweho n'umubiri wose, kandi bufite imyigaragaza myiza, bituruka mu burage bwa South Central i Los Angeles - mu muziki wa elektronike. Hari ibintu nk'ibyo: * "Chest pops" (guhindura igihe kirekire cy'igogoro ku buryo umubiri ushanduke) * "Arm swings" (gusanduka kw'amaboko, bigorobye kandi bifite imbaraga) * "Stomps" (gukora ibice by'amaguru, bigereranye n'ibindi) Uburyo bwa krump mu marira ya dubstep bwatanze umuziki wa elektronike uburyo bugorobye cyane bwo guhagarara.	Ubwumaro bwinshi bw'imikundiro yitwa "dubstep" - ubushyuhe bugari buhuriweho, ibyuma byihijije, n'ibindi bitubutsubu. Iyi mikundiro irema urwenzi ku mibiri. Ireba ko umuntu uyumva ayirema kandi areke kuyumva.	Zimbitse, zikomeye, kandi zigendere. Umubiri udatanga - ahubwo urashyizweho. Iburangira buri buryo.

Ibiranga by'amakariso n'ibitwari by'Abayirish: Amagambo y'umuziki ya kera ntacyo atandukanye.

Clog Dance: Imibereho y'abaturage bo mu majyaho ya Kaminuza yo mu Majyaruguru y'Ingeri z'Iburezi - kuva mu myaka ya 1700 kugeza ubu; Irish Step Dance: Irlande, kuva mu kinyejana cya 17 kugeza ubu.

THE CENTURION - Ibiririmbo by'umuhanga bwa kera, byakozwe ku ngoma, kandi biriho kugeza n'uyu munsi mu ndirimbo za modern. Ntibyahindutse, ahubwo yahinduye ishusho.

Ubwiryobwa bwo mu buryo bw'umugore n'ubw'imigwi y'Abayirandi si ibintu byakozweho ubuhererekano gusa. Ibyici bibiri by'ibyo bwiryobwa byose ni muri buri bwiryobwa bw'indirimbo z'amajyano bishyushye (electronic dance) ari mu iyi gahunda. Umwiharuro w'umutwe n'agakingo mu bwiryobwa bwo "Melbourne Shuffle" bihuriye n'umwiharuro w'umutwe n'agakingo mu bwiryobwa bwo mu buryo bw'umugore. Ibyuma by'amaguru bishyushye muri "Hakken" ni nk'ibyo birimo mu bwiryobwa bwo mu buryo bw'imigwi y'Abayirandi, aho amaguru agendera hashingi cyane - imbaraga zivuyemo mu masozi, umutwe ukora hashingi, umubiri usanzwe utangira kugendera kugira ngo amaguru akore akazi kenshi.

No.

Ibiranga byombi byombi kandi bifite ibintu bisanzwe n'ifilosofi y'indirimbo zikozwe ku ngufu, cyane cyane uruhande rw'ibigufi: zigaragaza umwihariko w'ibirimi. Umubiri w'umutozi ni igikoresho gikora amajwi akomoka ku kugira ibintu. Ibi si icyo twavuga mu buryo bwo gukoresha ibisiganzo mu ndirimbo y'indeke, kuko impuzu z'umutozi ziguruka ku mazi, kandi zigaragaza umwihariko w'ibigufi. Ifirimu ni igikomo. Umubiri uracyayigaragaza.

Ibyeri.	I prinsipikuru y'umubiri.	Iyo umukinnyi wa dansi y'elektroniki yo mu kinini cy'amajyaga akoresheje, byaba bimwe: * Umukino mwiza. * Imikundiro myinshi. * Iburangazi.
Umupapuro w'igitariki cy'abaturage bo mu Majyepfo ya Kiliziya.	Ibirwanda bifite agashatsi k'igiti gishobora kwangiza ibyo kurungana ku buryo ushobora kumva. Ibyamamize byera bigereranywa n'ibindi, kandi buri gahata ni umwangazi. Umuragiro w'ibyinamike niwo mwimbitse yabyo.	Ubwubasha bwo gukora "heel-toe control": kugira uwo ushobora kugera ku butaka agasanduka agakurikiza umutwe, cyangwa kugera ku butaka agasanduka akaguma yirinda gusanduka, ni ubushobozi bumwe na bumwe

	* Ibihwitsi bisanzwe (guhagarara ku buryo buhagaze) * Umpangaro (gushyira ibyo kurungana byose) * Umurimbo (gusakuza igice cy'ibyo kurungana, naho ikindi gice kikaguma hasi). Ibi ni bimwe mu byiciro.	buvuyemo igihe cya "Melbourne Shuffle" gifatwa nk'icyamamare. Imihare y'amakara yagiye ibigize iyi myiharire mu kinigi cy'imyaka myinshi. Uburyo bukora neza kandi bugenda uko byagenda kose.
Umupira w'ibirenge bw'Abayirish.	Umubiri urambuye mu buryo bwo gukora neza kandi umutwe ukomeye ni ibintu by'umwimerere bigereranyije. Amaguru atangira ku maboko - ntakibyononoga. Ibyo byose birimbuka ku masozi, hasi. Amazura akorera amayeri y'ubugenzanzara, neza cyane, no gukora ibindi bintu bitandukanye n'ibyo ushoboye mu gihe umubiri urambuye kandi ukomeranye. Umubiri wigaragaza amahoro hashyizweho igihagararo, ariko amazura akorera ibintu bidashoboka hasi yayo.	Ibijyanye no gukurikiriza ibice by'umubiri: uwo mwimerere uhamagarira kugira uko igice cya mbere cy'umubiri n'igice kizasanzwe bigendere amagambo atandukanye kandi mu gihe kimwe. Iyi ni nayo impano yifuzwa yo gukora: hakken (amaguru agereraho, umubiri usanzwe), guhindura ibyaro (amaboko n'amaguru akorera imirimo itandukanye), no kwihagarika mu buryo bwo "dubstep" (amaguru yikomeza mu gihe igice cya mbere cy'umubiri gihagararaho). Umuco w'ibitwari bya Kiliniki ni umugongo mwiza ku bijyanye n'uyu mwimerere.
Ibigenga by'Ubuvugizi bw'Amakuru (Transfer to Electronic Music)	Mu birori by'indirimbo za psytrance na hard techno: dondere amaguru y'umuntu ureba uko arenga cyangwa agira imyigaragaza myimbano - ashobora kuba akorera ibikoresho by'imigendamana (clog dance) mu makabu. Umubiri uwo umuntu afite, washize muri iri rushanwa rya 2024, ashobora kugira ishusho y'ibikorwa by'indirimbo zo mu myidagaro zagiye zigera ku myaka 300, atazi ko ifite.	Uburemerezo: ubwozeherero buhagaze neza ku ruganda rwa dansi bufite imashini, ni bumwe n'uburyo bwo guhagarika umukoresho (clog dancing). Ubwozeherero buhagaze neza bw'umubiri w'umusore hagati y'amaguru agereraho, ni bumwe n'uburyo bwa Irish step. Kugira uyu mwimerere ntibishobora guhindura ibyo byozi, ahubwo birashimangira ubushake bw'umuntu mu buryo bwo gukorera imirimo y'umuzinga.

Uburyo bwo gukoresha mu buzobuzi: Niba ushaka kugera ku mwiharuro cyangwa gutuma amaguru agende neza, reba ibiganiro by'indirimbo z'abanyekolo n'ibiganiro by'indirimbo z'Abayirandi, bigaragaza umuhamagaro w'umutwe na "heel-toe" no gukoresha amaguru. Uburyo bwo kwitoza gutuma amaguru kugeza ubu bwagiye bukorwa n'abanyekolo

mu myaka myinshi kugira ngo batezimbereho ibyo byo, kandi buri buryo bugaragazwa bufite ishusho y'uburyo bwo gukora indirimbo z'indirimbo z'amajwi. Ibi ntibiba ubwoko bw'imikoresherezo cyangwa icyabindi - ahubwo ni ukugira ibintu by’ingenzi bifatwa nk'uko biri.

Icyiciro 8.9 - Ibihanga by'ubwoko bibiri batavuga.

I CENUTURIYONI - Abantu bamwe ni inkuba. Abandi bantu ni ibyatsi. Zombi zikozwe neza. Zombi zidatanga ikibazo.

Byoseho ku ruganda rwo kuramba ururimbye. Abantu batabivuga cyangwa batawubyaza umuti. Nta mwimerere ushobora kubigira. Ariko, bifite ireme nk'ibindi birinze, nka "T-Step" na "Electric Slide" - imyitwarire y'umubiri ituma abantu bagaragaza ibintu byimbitse mu buryo bumwe bw'ingenzi ku ruganda rwo kuramba, mu myaka itandukanye, no mu bihugu bitandukanye.

Bagaragara cyane iyo umukinnyi yubatse hejuru - ku musendere, ku platform, kuri "dance box", cyangwa kuri podium. Ubwo umukinnyi aba amaze gukomera hejuru y'abantu, kandi abantu bose bari aho babona, usanga benshi bakora ibintu by’umwihariko bigaragara. Ntabyo bituma kubyemezwa - ahubwo ni icyo umuntu akurikira mu mutwe. Amamagara n'urembo rwo gukomera hejuru bigaragaza bimwe mu byihariye ku buryo umubiri ushaka kubaho.

I Bonfire.

KU RWABO – Bamwe bagira ubushake cyane igihe umuziki urimo gukura. Bajya hejuru. Bazamuka. Bakora ibintu by'agatangaza.

Umukoroni wa "Bonfire" ku mubiri ni ikimenyetso cy'umubiri gisobanutse kandi gitandukanye. Umubiri urushaho kugira imiterere y'amabara no kuramba. Amaguru agera hejuru. Imyanya y'inyuguti igaragazwa n'imigogoro. Iyo ntambwe ifite inzira yo kwinjira hebu – irema uburyo bwo kugera hebu, kandi irenga uburebure bw'umubiri. Umubiri urangwa no kwageraho kugira imiterere myiza kurushaho.

Ibyiciro by'umubiri.	Movement vocabulary	Inshibure y'umwanya usanzweho.
Igihe umuntu agenda imbere, amaboko agomba kugera hejuru cyane, ntakagira uko ava ku mabere y'umubiri. Umushyikirizo uronzura – igorora ry’amagufwa rigaragazwa. Igitinyiro gishinzwe. Ibice by'umubiri bigenda birusha ibindi, kuko umuntu abaye mu mwanya wo kugira ngo ahinduke.	THE REACH: igice kimwe cyangwa ibice byombi by'amazi bigeze hejuru cyane, amagoko amenyekanye nk'aho agiye gutwara ikintu gishobora kugwa. Umutwe ntukaba ugiye kuyoyoka – hariho imyuzure yoroshye itangira ku musaruro kugeza aho igeze mu magoko, nk'umutwe ushaje ukomereza ku iporo.	Umukoroni w'umuhangaire y'ubwoko bwa "dance box" ni ikimenyetso cyerekanwa ku mashyirahamwe. Abantu bari hasi bareba hejuru. Imbaraga z'umukozi w'umuhangaire y'ubwoko bwa "dance box" zigaragazwa mu ruganda rurimwo mbere y'izindi mibara y'abandi bakoroni. Abari hafi bahinga imbaraga zabo ku mugore uri hejuru.

Kwaguka: Umwanya umuntu afite uronzuye ni mwinshi cyane. Amaboko ari make, amashyirahamwe aranzura kurushaho y'umubiri, bityo umubiri wose uragaragara.	THE SPARK: imigogoro igenda neza cyane ivuye ahandi hakuranye – amagoko amenyekanye agatangirira ahantu hamwe hanyuma akagwa uko ari byinshi, nk'ibara riva mu moto. Imihare yoroshye kandi myinshi mu magoko n’ubwo umwanya mwinshi w’umubiri urushaho kuba ugiye neza. THE SWAY: umubiri wigere imbere no inyuma. amaboko—nt'umutwe. Umwimburiro ushanduka hose, nk'umuriro urimo kuvugwa n'agipfa. Ububanzi bwo gukora iyi mvugo bwiyongera uko umuziki uriho.	Ibi bituma umuntu agira inshingano: warashyizeho igisignale. Ibyo ukwije mu "dance box" - kwihanganira, gukora ibikorwa, guseka by'umutima, no kuba ugiye kwinjira - bizatangirira abari hafi yawe. Umukozi w'umuhangaire y'ubwoko bwa "Bonfire" utanga imbaraga nyinshi - atazikora gusa - urashyikiriza umuzinga. Umukozi w'umuhangaire y'ubwoko bwa "Bonfire" ukorera ibikorwa byonyine, ntibishobore gutanga imbaraga, abantu ntibagire icyo bumva.

Umwijoro: Ni umwanzuro mwinshi ushoborwa n'umukinnyi wa Bonfire: amaboko yombi agombwa ku kiyindi, hanyuma agasubira hasi—ukuntu gusubira hasi bigomba kuba byuzuye kandi bigendere hasi, bigatangirana n'amaguru. Abantu bari hasi babona ibyo nk'umushyikirize w'umuramyiko. Ni umwanzuro ushishikaje.

Amakuru: Amaso ari ingenzi ku mugore utangiza umwanzuro (Bonfire dancer). Amaso agiye kureba abantu, bakurikira abantu benshi, batangana – byo bituma habaho ishyirahamwe nyabona. Gutambika amaso mu gihe cy'ibyishimo bwite ku muguzi ushaka kwishima ari icyifuzo gishoborwa. Uraho ku muguzi. Mwirire kuri uwo muguzi.

Ibiruriro.

KU RWABO – Bamwe batangira kugorosa ubwo umuziki urimo. Bajya mu isura. Bashinga ibice hasi. Bakora imyigaragaza hejuru. Ibyo byose bigenda biguruka kuva aho bihuriye, ntihishyuhe.

Umukoroni "Plant" ni umwiharuro ushobora gushingira ku mukoroni "Bonfire". Aha, aho "Bonfire" yagerageza kugera hejuru, "Plant" yereka ibice byo hasi - igiciye imbaraga, ivugana n'isoko, amakariso agereraho. Nyuma yo gukora ibyo, umubiri wose ushobora kumenya ubwoherero. Amakariso yagera ku mwanya, ariko umutwe ntuyigere.

Ibyiciro by'umubiri.	Movement vocabulary	Ahantu hatangaza.
Ibiranga ku butaka: amaguru meye, igici gito, imyanya y'amaguru ifite umugingo munsi. Umubiri urangwa no kuba ufatanyije n'isoko ahubwo utazongera kuguruka. Hari icyumweru – umukinnyi wa Plant abanza nk'uko akwiye aho ariho kandi nta mwindo yari kumuvirira. Umutekano: uvuye ku buriri, umubiri urangwa no kuba ufite ubwenge. Iyo mwindo itagera ku maguru y’umukinnyi ishobora kugeraho byose bivuye hejuru y'ibwiriza. Amaboko atangira gutanga neza kandi ahinduka inzira ziramye. Umutwe uratitira no gukurikira. Ibirungo biragurika.	THE SWAY: amaboko n'umubiri bwigendere mu muryo uhwanye n'umuyaga ukenwe. Si ukwigenderera burundu - ahubwo ni ukwigendera mu buryo bumaze, ntaho bigana. Ubwigenzure buguma kugeza igihe ibintu byahindutse, hanyuma bugendere ahandi. THE WAVE: ni umwanzuro uhita uvuye ku maboko, ujya mu mubiri, hanyuma ugeze ku mugabo. Ni impungye imwe itangira ku mwanya w'umubiri hose. Si ukwigenderera (kuguruka) - ahubwo ni uwigenzure - umwanzuro mwinshi uhita uvuye ku mwanya umwe. THE UNFURL: guhagarika amaboko yifiteme cyangwa yoherereye mu mubiri, hanyuma bigende burundu - nk'aho... Igi shyaka gisohora urwagashatsi. Umunwa uyoboye, igice cy'umubiri gukurikira, umwijega ukurikira igice cy'umubiri.	Ibikorwa bya Psytrance, aho umuziki ufite ubwiza bw'ubwami n'inzira z'inyuma. Umuziki wo mu buryo bwo gukora ibintu butunganye n'umuziki wa elektronike ushingiye ku bushoborwe. Ibirori byabereye hanze, bigera aho hashyizwe umuyaga. Muri buri irimo, haraba igihe umuziki urushaho kugabanuka ukajya mu buryo bwo gukora ibintu bitunganye cyane. "The Plant" kandi yagaragara mu birori by'imbaraga zirengeye aho ushoborwa, mu gihe umuziki urushaho kugabanuka—igihe umuziki urushaho kugabanuka gato, "Bonfire" ishobora kuba "Plant" kuva kuri iyo mvugo imwe, hanyuma irongera. Iyo myirondoro itatsembwa.

Ibirere byumvikana mu mvanga vs. Ibirere bidatanga: Ubuzirahuzi bw'ibindi bintu byumvikana bifite icyo bigaragaza ku buryo ibintu birimo gutangira. Umuyaga muto uhagaragara utuma ibintu birukumbuka, bikorera hakurya neza kandi bigenda buhorohoro. Umuyaga ukomeye utuma ibintu birukumbuka cyane, bigahinduka uko byagenda. Ijoro ry'izuba ritanga ububabaro butunganye—imigihe y’amashami yigaragaza ariko imizi itazayitwarira. Hamwe n'umuyaga, hamwe n'ingufu z'indirimbo. Itarakwi ntihagira uburyo bumwe bwose bwo gukora ibikorwa—iyumvikana mu buryo bushoboka kuva ku birebwa by'indirimbo.

Amakuru: Amaso y'umukinnyi wa "Plant" usanzwe aba afunze buri gihe cyangwa agasigarana umujinya, ntibarebe ikintu runaka, ahubwo bareba ibintu byose. Ibi birenze uko amaso ya "Bonfire" arebaga, kuko ayo yerebye ibintu bifatwa nk'ingenzi. Noneho, iyi ndege zombi ni nziza kandi zifite icyo zirebura.

Ibyiciro by’Uburyo bw’Umutoza w’Imiganano (The Box Dancer's Protocol).

I CENCHURI - Wageze kwemera kwinjizwa ku mwanya utunganye. Ubu, yemere imirimo ituruka kuri uwo mwanya.

Igihe ujya ku majwi, ikiguzi, ibanga, cyangwa urubuga rurimo umwanya wo kwizihiza mu kigo runaka:

1. Zibanze ukumenya urwego rwawe mbere yo kujya mu rwego runyuranye. Ni ikihe urwego ufite kuri iyi nshuro? Umuntu "Bonfire" ashaka igihe cyo gukorera abandi kandi akaba ashyira imbaraga ze muri byo. Umuntu "Plant" ashaka umwanya wo kuba mu mwuka we kandi agomba kwubahirizwa, ntacyo bitwaye. Gutekereza urwego rwawe bigufasha kumenya niba ugomba kuvugana (Bonfire) cyangwa gufungura amaso (Plant).
2. REBYAZA ISUZU URABONERA MBERE YO KWIGENZURA AHAGOMBERWA. Uko hagati hari aho imbaraga z'abantu ziba zirenke? Niba uri "Bonfire," wigaragara hafi yaho kugira ngo umbaraga zawe zongere izo z’abo abandi, kandi izo z’abo abandi zigutunge. Niba uri "Plant," wigaragare ku mupande kugira ngo ufite ubwenge bw'umwiharuro kugira ngo ukore ibyo ushaka.
3. Hagira imikemero ukereye igihe utangira. Umuntu ushaka gukora ibigwi ariko atabishoboye ni bibi kurusha umuntu udashobora kubigwiza. Niba wiyuzuye, ugiye kuba uri mu mwanya wo kugaragazwa. Garagaraze neza kandi ufite icyo ushyizeho.
4. AMARA UMENEZE KUGIRA UKWIRA HASI. Umuntu ushatirwa hejuru mu cyumba kuva amasaha ane atangira kuba ikimenyetso - ahindutse ibintu by'urugo. Imbaraga zo kwiyubaka ziva ku bintu bitoshya no kwitegura, kandi bibyombi bifitanye igihe. Wira hasi mbere yuko uru ruzima ruguhagarike.
5. Umuntu umwe gusa utangira kuririmba kuri iyo platform y'amajwi, ariko ubushobozi bwe ni cyane. Abantu babiri bari kuri iyo platform y'amajwi, Bonfire na Plant, cyangwa abafire babiri, cyangwa abapilanti babiri, bashyirwaho hamwe, bitanga ishusho ituma abantu bumva ko bavuga hagati aho, ahubwo ntibumve ko ari ibikorwa by'imikundiro. Harimo umuntu usabwa kugira uruhare.

Ibyavuga byuzuye: Iburongo ry'itangazamakuru.

IBIHEHE - Byose byaba mu gitabo, none ubu birahari mu myubaki.

Ibuye byo gukoresha "Recovery Kernel" buri mu bisigazwa byayo, kandi muri iyi raporoto y'inyuma.

- Icyiciro 0: Kumenya iby'ahantu - uruziti rw'amabere, igice cya CO_2 n'umwuka, umubiri ukenera amazi, aho ushobora kugira amahoro, no gukorera imigendano.
- Ibigize ibiporogramo 1-3: Isokozi (guhindura igiciro cy'ibindi, imyito itatu y'ibanze), imyito y’amashusho (tango, cha-cha, stomp), urutonde rw'amagambo ya BPM mu gihe butandukanye.
- Ibice 4–7: Ikibazo cy'telefone, ibintu byaba biherutse kugenda nebi, igihe cyo gukora imyitozo n'ubushoborero bwa kalori, uburyo bw'uruhashamihigo no guhanahana.
- Icyiciro cya 8: Igitabo cy'imigirire y'indirimbo - imigirire y'amaforomasiyo, archive y'ibindi biranga ibyaka bya za 1980, archive y'ibyaka bya za 1990, archive y'igihe kinini, archive ya Latini, The Spin, Vogueing na Ballroom, Amamarangamahanga y'Ibijyanye no Gukora Imigirire (Cutting Shapes, Melbourne Shuffle n'ibindi bimenyerezo/imigirire, amagambo ajyanye na Drum and Bass, Hakken na Muzz, Dubstep), Clog na Irish Step.
- Icyiciro cya 8.9: Ibihanga byombi bitaratangwa amazina - "Umwirongo" na "Isoko" - n'amategeko agenderwaho y'umutozi w'urubyango.
- Icyiciro cya 9: Umwihariko w'imiganaga n'ubuhanga bw'amoko.

Umushingira wa buri koraho muri iyi gahunda yashinzwe n'umuntu uri mu cyumba, afite umuziki, kandi ukeneye uko azajya uyifatira. Iyi gahunda irangira aho urubuga rwo gukina rutangira: ku gihe ibyiciro byo gukora birangira, kuko icy’ingenzi ni igitekerezo cyayabimye.

Zirinda ingero. Nyuma yo, wibagirize. Itegeke muzika.

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IMANUKWA Y'ISHYAKIRO YA "RECOVERY KERNEL" - UKUBONERANA KWABUZIMA.

Icyiciro 0 · Icyiciro 1–7 · Icyiciro 8 (8.1–8.9) · Icyiciro 9

The Recovery Kernel | Inshiti z’Ubumenyi bw'Ubuzima.

Ibiruri birakomeza kubaho igihe umuntu yirukanyeho kandi atashizeho.

SECTION 9

DANSINGI, UBUMENYETSI, N'UKURONDEZA KW'AMARANGGA.

Ibyo byerekeye uko umuzinga wa dansi ushobora kugira indwara. Iyo ntambwe imwe yashobora kubugabanyuma.

Dance Entropy: Ibigenge by'Ubwiryanga ku Rugamba rwo Gufana.

THE CENTURION - Entropiya si igisubizo. Ni icyaba kiba ubwo umwuka usohoka mu buryo bwinshi kurusha uko ugasanga muri iyo sisitemu.

Mu thermodynamics, entropy ni ukubura kw'uburyo bwimbitse mu buryo bwo gukora ibintu - kugira ngo ihinduke mu buryo bugoye cyane. Ku ruganda rwo kuramya, entropy ni ukuntu abantu batangira kwinogera. Ni uko umwanya uratangirwa buhorohoro. Umukinnyi araramye kuri benshi bari barimo kwishimira. Abantu batinze kuvuga ko bari bari mu birori, ariko ubu bari bamaze kwinoga. Ibi bituma ahagaragara atanga ibyishimiro nk'aho byari biteweho. Umudugudu wari ufite ubuzima bwihariye saa 10, ariko uragiye gukomera buhorohoro saa 1 AM.

Ibyiciro by'ibikorwa byitezwe ku bagenzi - ibikorwa bigeraho abantu benshi bakuru, ibikorwa yatangiye vuba kandi yagize impinduka zikomeye mu gihe gito, ibikorwa byo kwerekana abahanzi bazwi n'abandi no gutanga ibirori by'ubuzima bw'akanyamuneza, ndetse n'abagabo b'umupira (DJs) ku bagize abafana babo mu myaka mirongo itanu - ni muri iyi gahunda y'ibikorwa aherereyeho aho umwihariko w'imikundishya y'ubwo bwoko ugaragara cyane kandi ufite ingaruka zikomeye. Abagenzi bafite ubwenge buhambaye ku byo gukina, kuko ari bo bagize itsinda rifite ubwenge buhambaye kurushaho mu bagenzi bose bari aho. Bifitemo imimerere y'umurage cyane mu ndirimbo. Ariko kandi, bifite amaguru agoye, imyaka myinshi yo kwirinda gukina, n'impamvu zinyuranye zo kugira ngo barebe ahandi ahantu aho batakina.

9.1 — Ibigize Ubugwari bw'Ibyamamare (Entropi) mu Miganiko.

Ibijyanye n'ubushoborero.	Ibigaragazwa.	Bitegura uko byagombwa.
Kwiyandika kw'abantu:	Udundi dushinzwe kuririmba dufite abantu benshi, kugeza ku	Umukwakira buri umwe uhita ukwongera amahirwe y'undi.

Umwanya wo guhimbaza ukeneye abantu barenze benshi kugira ngo ushobore gukomeza kubaho. Igihe umubare w'abantu batanga imyitozo uri munsi y'igihengano, abantu bashobora kwiyandika ntibishobore guhimbaza, bagaragaza ko bafite ubwoba no kwiheba, kandi bakajya ku nshuti.	gihe cy'akataraboneka, dufite abantu bagera kuri 70% byohererereyeho. Umugru w'abagabo umwe yava. Abanyaririmbwa basigaye barumva ko bafashwe neza. Ibindi byiciro bibiri biratwara ku mupira. Udundi dushinzwe kuririmba dufite abantu bagera kuri 40% byohererereyeho. Umunyempano yabonye ibi mu cyumba cye. Abanyaririmbwa basigaye barumva ko imbaraga zihindutse. Abandi bakomeje kuvuga.	Igipimo cyo kwiruka gihinduka mu buryo butunguranye igihe ibyago byinshi byatangiye. Umuduga wari waruzuye saa kumi n'imwe, ushobora kuba urujije saa kumi na minota kanani, bitarenza guhindura ubwiza bw'indirimbo cyangwa imbaraga z'abantu - gusa kubera uko abantu bamenyera.
Abamurebye: Abagenzi bari mu cyumba cy'urukundo, ariko ntibarebye abantu barimo kuramba, ahubwo babireba. Kwereka ibintu byiza bisaba ubwumvu. Kugira uruhare bisaba gusa kwifuzwa.	Abantu bari bise, barimo kwirebera. Bakurikira cyangwa batarebye. Baraba kuri telefone zabo cyangwa batareba. Babaye abamuzikari bakurikiranwa mu gitaramo gishinzwe kugirwamo uruhare, ariko ntibagire uruhare. Umukinnyi ashobora kumenya ko ibintu byahindutse.	Umukinnyi ajya gushyira mu rwego ibikorwa byo mu cyumba - akina ku bantu bari bahari, ahubwo atanga imbaraga ku bayoboke. Ibi bishyiraho ingero zitaramuka zo kwihanagurwa. Umwihariko w'ibintu bigenda uko bikongera kwinshi, kandi byakomotse mu nyifasi y'umukinnyi ubwe.
Ibiguzi by'uburumuriro: guhagarara vuba, ububabare mu myanya, ibintu bitandukanye umuntu ashobora kuba yararakize, no gutekereza ko "gukina inkundura ni icy’abato" - bityo se ni amakuru atari yo yashobora guhinduka ukuri igihe umuntu abishyira mu bikorwa.	Umuntu w'umwambukazi uri aho, atabonerwa aguruka kuko adashaka kwigaragara, ahubwo kuko ataratekanye ko igihe yaguruka, bizakira cyangwa azabyimbirwa. Afite ishema rikomeye ry’umuziki ushizwe mu rugo. Abantu b'abandi bantu bagaragaza ko bari kumwe na we ari bake cyane.	Abantu bakuze bajyaga kwicara, bahinduraga abantu bari hasi mu ruganda (floor) bakaba abafite ubumenyi buhunga bw'umuziki, abari bafite amateka mareme cyane n'uwumuhanzi, kandi abifitiye gahunda zikomeye. Iyo uruganda rurushaho kwitabirwa n'abakiri bato, ruhinduka kurangira ubumenyi buhunga no gukomera. Ubu buryo bwo guhindura abantu ni ikibazo gikubiye mu mirongo y'ubumenyi, bidatanga umuti w'ikibazo cy'amashyirahamwe.

9.2 — Ubufasha hagati y'amoko.

UMUSHINGATI - Umuntu wari umukinnyi mbere yuko uvuka afite ibintu utabyitse. Ejobye kumenya.

Iyi ngingo ni cyo gikubiyeho byose mu butumire bw'iyi gahunda, kandi igihe umunota ukomeje kugabanuka. Ibyiciro byose, amabara y'imigendo, na buri rwego rwagurukanye kuva muri tango n'i cha-cha—ibyo byose bidatanga icyo bitwaye kurusha uwo mwimerere w'ubuzima ubwa nyuma igihe umuntu uturutse mu ruganda arimo kugira ikibazo kandi umunyeshuri ukuru yaba ariho, arebye.

URUTORERO RWO KUGIRA UBUHANE BWA GENERASYONI.

1. Hamurize umuntu w'umuhigo uri ku mugezi - uwo ureba ibirungo, ufite ishusho y'uwamenya iyi muzika cyane kandi utarashyira ahagaragara niba azajyana na yo kuri iyi nkengero ya mu gitondo.

2. Ongeze amaso. Umama - mumamare. Erutse intoki cyangwa ukore igikorwa gito kigaragaza ko ufite ubumuntu. Nta gikorwa gisanzwe. Igihe gihari.

3. Niba bakubera inama, hanyuma utangire gukurikira ibyo bavuga. Ntihagereho uko ushaka. Kurikire ibyo bakoze maze ubyumvikanishe. Bata abanyeshuri bawe. Uba umwarimu wabo.

Okay, I understand. I will follow all the rules and instructions provided. I am ready to translate text into Kinyarwanda while adhering to the specified constraints.

5. Yagireho. Ntihagere. Ibyo kwirinda - gushyira umuntu mu mwanya wo kuba ari we ushobora kumufasha - ni byo bituma abantu basubira kureba ibindi bintu by'umukino.

6. Reba umutunga. Ubuvugizi buhagaze.

9.3 — Ibiranga by'inyuma.

Ibinyifuzo byo gukorana umwanzuro ni uburyo bunini. Ubwo mwaganira n'umuntu kandi mukurikije uko yitwara, ibintu bitandukanye bigenda mu buryo bwe bw'ubwonka:

- Bumva ko bamenwe - batari abarebye iby'imiganaga yabo, ahubwo bari mu byo gukora iyo miganaga. Ntabwo mubareba uko bakorera imiganaga; kandi mukorera namwe. Ibi ni ukuri kw'ibintu.
- Batumva ko bafite ikizere – ukuba wamaze kwihanganya nabo, aho kubagaragaza ibindi, bituma babona ko "uburyo bwanyu" bufite agaciro kandi bugereraho. Uburyo bwanyu bufite ubushake.
- Abantu bashinzwe cyane - abantu baruka neza igihe umutima wabo urimo ubwoba. Ibyiciro by'ubuhanga bw'ubwonko bifatanyije n'uburyo abantu batumikana imikorere y'imibonano, kandi biba nk'aho bisobanura ibyo gukora hano. Muri iyi ntumbero, mwigirira uburyo bwo gukorera hamwe umuntu wese.
- Bagusobanura amayeri utaratumenye—umukinnyi agereraho akiri mu myaka ye ya nyuma, usigaye aho umuziki uririmbwa, abizi neza. Afite ibikoresho by'imihango yagiye ashyizwamo imyaka myinshi, kandi bikomeye kurusha ibikoresho byo mu bisubizo 8 byo muri iri gitabo. Reba uko akora. Kurura icyaba gikukundiye.

9.4 — Ibyo bazi ko ntuzi.

THE CENTURION — Iminyaka mirongo itatu kuri dancefloor ni icyiciro cy'ishuri gikuru, kandi nta mwanzuro ushobora kuguhindura.

Uwo muntu wari muri ibi birori akera, ubwo umuziki yari mushya, afite:

- Bari mu cyumba ubwo umuzikuru yatsinze iyi ndirimbo ku nshuro ya mbere. Bazi uko iyi muziki yatumaga abantu, kuko bari aho icyitwa "legacy" cyatangiye. Iyo mvugo irahari muri bo.
- Amayeri y'umukoroni yari ikoze neza cyane ubwo—mbere yuko ayo maherero yajyaga mu mahanga, mbere yuko ajyana muri filime zinyuzwa ku televiziyo, mbere yuko ajyana muri iri butare. Uburyo bw'umukoroni bwari buhagaze neza mbere yuko byahindurwaga ikintu cyihariye, cy’ikiguzi, cyangwa se cyo kwiga.
- Ibyerekeraho by'umwimerere w'urubuga - abantu bari barimo guhimbana, ibintu byari biri kuba mu isi ubwo iyi musika yagiyeho, no kuntu byakozweho n'abaturage bayifashagamo. Ibi ntibiba kuvugwa nk'iby'igihe cyo gusa. Ariko ni umutungo w'ubuzima.
- Ubumenyi bukomeye ku bijyanye n'ubuzima bw'igihugu - umukinnyi wakinnye imyaka mirongo itatu yamenya ibintu byinshi ku buryo yakora, ku mahoro, no kuba ku musozo ijoro runaka atagira uko ahagarara, ibyo umukinnyi w'imyaka 25 ufite igikombe cye cyambere muri festival adatanga. Reba uburyo akoresha ubushobozi bwe. Reba uburyo yongera imbaraga ze. Ibyo ni gahunda yo kwigisha.

9.5 — Ibihinduka by'ingenzi.

Ubwunganizi hagati y'amoko atandukanye si icyakozwe n'umuntu umwe gusa. Igihe umwana muto afasha umunyeshuri ukuru kugera ku ruganda ndetse akamuhorana, abantu bagaragaza kwihangayikirwa no kububaha, ibintu byinshi bigenda bihinduka mu gihe cy'umwanya:

- Abagufi b'umuntu ugiye kugira ikibazo bumva. Abantu babiri cyangwa batatu bari barariwe bamwe, bazatinda. Umubare w'abantu ushobora kuzamuka.
- Umwuka usubira mu buryo bw'umweru. Umusomyi abona iyi mvura. Abasebya babyimva. Icyumba cyari gupfa gitangira kwakira umuti utuma rigira ubuzima.
- Abarimo mu cyumba bavuga ku buryo umukobwa na nyina barimo gukorera hamwe. Kubona abantu b'amagege atandukayo bakinira hamwe ni icyifuzo gikomeye. Ibyo bituma abantu bumva ko indirimbo zishobora kububaka buri wese, nta kumvwa uko umuntu yavutse cyangwa ibyo yakoze. Uwo mwanzuro ni wo byari bikwiye kuba muri iyo nzu.

- Ubumenyi buragera ku wundi. Umukinnyi muto yigira icyo. Umukinnyi agashyize imbaraga mu gushakira undi, atabwiwe ko akwiriye kuba umwarimu. Bombi basohoka bafite byinshi bifitemo.

Iyo umukinnyi muto yifuje.	Iyo umukinnyi w'umurage ahita.
Ibyo bituma umuntu kugira imbaraga n'ubushake bwo kwiruka. Ubwundi – igikorwa gitanga ubumenyi: wifuje hano kuri iyi nkengero. Ibirondo – ishusho y'ibyabaye: ibintu byawe bifite agaciro. Kwiyunganira – ubushake bw'umuntu yo gukorana na we, aho kumubonera gusa. Ubuvugire ko umuziki urimo buri wese ufitemo ubumenyi bwo.	Uburyo bw'ibanze - umwanzuro w'imikundiro ushobora kuba urimo, uturutse ku buryo bufatirwa. Ibyerekeye amahistorya - ingingo zifasha umuziki kugira ubumenyi butandukanye. Ubumenyi - imyaka mirongo itatu yo kumenya uko bikorwa. Iburangiro - igihe bagaruka ku ruganda, abandi bashobora guhita bakurikirana. Inyigisho - ntawizirikane, harimo na iyi, ushobora gutanga.

9.6 — Gushyikiriza ibintu ku mwenda: Iporotokole y'uguhagarika ikibazo cyuzuye.

Igihe usanze ko abantu bari mu ruganda bwinjira muri gahunda yo guhangana n'ibintu byaje (abantu batangira kugenda, imbaraga zikagera ku mwanya munini, umuhanzi akajya gushyiraho ibikorwa bitandukanye kubera uko abamwe bamaze kwicumbika), ukurikire ayo marushanwa:

1. Ntabwo wagire ngo umuntu abeho. Umuntu utegereza ko ikibazo kizongera kuba ntawe ukora, ni we ufasha igihe gushinga. Umuntu ushaka kugira icyo akorera, ni we ufatanya no kwirinda ibyo.
2. Shingira umuntu umwe w'umuhate ku mupaka. Shyira mu bikorwa ururongoro rwo gukiza hagati y'amagahe (Intergenerational Rescue Sequence) ukurikije ingingo ya 9.2. Ibi biba igikorwa cya mbere.
3. Hatangirwe umugongo. Guhera mu cyiciro cya 0: abantu batatu bishingizwa nk'umugongo. Mugendere hasi hose, mufate abari yicaye, munabafashe na bo. Umugongo uruhiza amatsinda atandukanye kandi utanga umwanya wo kwitabira nta byo gukora.
4. UMWENDA. Nyuma y'umwanzuro wo gukora "conga," gereka umwenda ukomeze hanyuma ube nk'umunyenyeri: abantu bafashe ku maboko ya bandi, bigendere hamwe. Ubwumvikane bw'abantu mu mwenda buratanga imbaraga ku itsinda nta ko byagora abantu kugira ubushobozi bw'ubwenyine.
5. MIRORIZA IFARUGWA. Ubwo abantu benshi bari kuririmba, funga umuntu ufite umwimerere mwiza maze uramukoreho imyifatire y'uburyo bwe mu ruhame. Abandi bazareba uko urimo gukora. Bamwe muri bo bashobora gutangira no bakorera kimwe. Umwimerere ushobora kwaguka abantu benshi binyuze ku mirorro.

6. HOBANE. Ubuvuguzi bwo guhagarika ibyorezi bwaba ngombwa gukomeza. Yobane ku butaka. Shyira umwanzuro mu bikorwa. Iyo butaka rirangira kuba ryiza, birashoboka kuko hari uwumwe wari warahinduye intekerezo yo guhunga kuriwo.

Igitabo n'ubuzima.

I CENUTURIYO - Buri rwego muri iyi gahunda yashyizweho n'umuntu wari kumva ibyo ukimvye we ubu - umuziki usaba igisubizo.

The Electric Slide nt yaratanzwe mu studio. Yavutse mu itsinda ry'abantu bari bakeneye uburyo bwabo yo gukorera hamwe mu muziki, kandi bakomeje gukora imyigaragaza imwe kugira ngo zigire izina. "Running Man" yari umuntu ufite gahunda zake, kandi byaje kuba icyiciro cy'imigendo. "Roger Rabbit" yari ibyishimo by'umuntu byafashijwe gushingwa mu buryo. "Cabbage Patch." "Butterfly." "Moonwalk." Umugendo urangwa muri iyi archive yose yaratanzwe n'umuntu umwe, ari mu cyumba cy'umuziki, kandi umubiri we wakoze icyihiriro, kandi abantu bari bamukurikira bakagira na bo.

Umuntu w'umwambukazi uri ku mpande z'ibikorwa byo gukina yari mu cyumba ubwo bamwe muri iyi mvugo zakorwaga. Yari aho umuziki mushya washatse kugaruka. Afite uwo mwese wa mbere mu mubiri we - si nk'ubumenyi, ahubwo nk'ubumenyi bw'umukwanzi. Guhuza ibikorwa byo gukina bisanzwe si ubushobozi bwo gufasha. Ni ubwenge.

Ibyo bituma umwanya w'urukundo rwa dansi ni ibyo kuba abato batekereza ko abakuze atari bo bagira icyo bakorera ku ruganda rw'imikino. Uburyo bwo guhuza imyaka itandukanye ni uko umuntu yumva ko uruganda rw'imikino rufite amateka, kandi ayo mateka ari mu bantu bari barimo igihe kirekire.

Bongerezeo. Umva icyo bazi. Barusheho mu cyumba abagenzi babo bagize.

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Ibigize ibiporogramu bya 8 na 9 bya "The Recovery Kernel Move Guide".
Soma ne: Icyiciro 0 (Ubusobanuro bw'aho umuhango uzakorerwa) · Icyiciro cya 1-7 (Isoko y'amahame n'uruzinduko rwo gushyira mu bikorwa) · Amategeko y'Amasengero.

Ibiruri biguma biba by'ubuzima ubwo se umuntu yirengagije kureka aho ari.

Uburyariye ni ubwenge bw'amabere.

THE CENTURION – Umubiri ufite ubushobozi bwo gukora neza urangiza agakingo ko gufata ibintu bitumariye.

Ibyiciro bya C-28 by'umushinga wa Recovery Kernel bitanga amashusho y'amaraso, endorphine, na anandamide, ibintu bitangwa n'uburyo bw'imikoresherezo y'umubiri. Gukora imyitozi burundu kandi bigendere ku mwanya uhagije bishobora gutanga byose - endorphine ituruka mu myemerere y'amaraso, dopamine ituruka ku gihombo cy'imyitozi, na anandamide ituruka ku myitozi nduye. Ni iryo uryo rero ry'imikoresherezo ry'ibindi bitabwo. Umubiri ufatanya n'iyi mikoresherezo binyuze mu mvuga ufite umubano undi n'ibyiciro byo mu rushaha.

Iyi gahunda itanga ibisobanuro bidasanzwe ku byo gutwara imiryango y'abantu. Hari igihe abantu bagaragaza ubwiza bw'imiganaga mu isi, kandi ibyo bigenda neza cyane iyo umuntu afite uburyo bwo gukora MDMA neza, kandi akaba ari kuri dancefloor ifite inyubako ituma byagenda neza. Iyi gahunda y’amasomo ivuga ko ubushobozi bw'umunyezamu, mu buryo butandukanye n'ibyo, bigenda bihindura ibihe byose umuntu afite kuva atangira kugana aho azajya gukina – igice cyatangiza, igice cy’imbere, igice gikomeye, igice gisubiruka, no kwibagirana ibyabaye.

Ubwirengero bugize ibyapa ebyombi bufite umunegeza ukwihangira kurusha uburyo bwo guhumeka mu bwoba. Igihe cy'umwanzuro mu tango, kigomba kuba ku gihe gihagije mu ndirimbo, ni kimwe muri byinshi by'ibitekerezo byiza by'ubuzima bitanga mu ruganda. Uburyo bwo guhagarara neza hagati y'indirimbo igaragazwa n'igikomo cyayo ku musaruro wa 150 BPM, ni umubiri na muzika bigendere hamwe kw'akanya gato. Ibi si ibindi bitanga imimerere nk'iy’imiti. Ariko bifite icyo bishaka kugeraho.

Zibyumva iby'igikoresho cya BPM. Emezane uko umubiri wawe wifashisha icyo gikoresho. Nangiza gukora iyo ngendo. Shyira telefone hasi. Amakuru ari mu ndirimbo aragufundura. Umubiri urimo kugenda ni wo mugabane ushobora kwigira.

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IJORO RYO KWITABIRA KU BWINSI BW'UMUVUGIZI WA RECOVERY.

Safety Net · Ibyigize Amendment · Amabwiriza y'Itorero · Umurimo w'Ibigatwa byo ku Isi.

Icyumba cy'imiganaga ni umudugudu. Sugira nk'uko uzi.